

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 11, NOVEMBER 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

Safe, Comfortable, Affordable Senior Living

A Higher Level of Care Than Assisted Living... More Affordable Than a Nursing Home.

Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
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- Daily therapeutic bath/shower
- Activity program 7 days a week
- Your loved one can stay even if your money runs out!

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- Regularly scheduled entertainment and events
- Hot meals and snacks • Transportation available

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY



101 Randolph Road, Worcester, MA
DodgePark.com • 508-853-8180

SEE PG 5 FOR FEATURED PROGRAMS

**VETERANS DAY COMMEMORATING
THE VIETNAM WAR**
FRIDAY, NOVEMBER 8 • 10:30-11:30 am

**DIWALI FESTIVAL
"FESTIVAL OF LIGHTS"**
MONDAY, NOVEMBER 18 • 1-3 pm

Thanksgiving Celebration

TUESDAY, NOV. 26 • 11:45 am-1:30 pm

WITH

ESWA SPONSORED LUNCH

11:45-12:30 pm

&

ENTERTAINMENT BY QUADRIVIUM

Burncoat High School Chorus

12:30-1:30 pm

SENIOR CENTER CRAFT FAIR

TUESDAY, NOVEMBER 26 • 10 am-2 pm



Thank you to the Friends,
Harold Williams and the pool players
for their generous donations to have
the table repaired!



Thank you to the Sheriff's office for
the fall decor!



Griswold Foundation Supports the
Senior Center



Learning how to play piano with
instructor Dennis Deyo

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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- 4 November Programs & Events
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Advertisements in this newsletter do not constitute an endorsement by the Worcester Senior Center or Division of Elder Affairs.

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

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

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

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

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



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

STAFF:

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Building Services Division of Asset & Energy Management	Mike Vray & Pedro Rodas

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

This Division is supported by the City of Worcester, The Massachusetts Executive Office of Elder Affairs, Grants and Private Donations.







The WILLOWS

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FOR ACTIVE ADULTS





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

www.SalmonHealth.com

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

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, Nov. 4 • 10-11:30 am
Project: Holiday Basket. \$3.00
Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

Tuesday, Nov. 12 • 12-1 pm **NEW TIME**

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

OIL PAINTING WITH DARRELL CROW

Thursday, Nov. 14
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: **Fall is Now**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN

Thursday, Nov. 14 • 11:30 am-12:30 pm

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

FREE DROP IN COLORING FUN

Friday, Nov. 8 • 10-11:30 am

2nd Friday of the month. Relaxing & fun!

WOOD BURNING ART CLASS

Thursday, Nov. 7 & 21 • 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.

HOLIDAY CRAFT WITH ABAGAIL MORALES

Tuesday, November 19
9:30-11 am

Make and paint a snowman using terracotta pots \$3.00 per person. Call 508-799-1232 to register. Limit 15 participants.



SOCIAL SECURITY 101

Thurs., Nov. 14 • 10-11:30 am

Learn about the benefits and services provided by Social Security, including how to qualify, how and when to apply, online services, planning tools, and more. Presented by Sabrina Feliciano, Public Affairs Specialist, Social Security Administration. To register call 508-799-1232.



HERBERT E. BERG FLOWER ARRANGING

Wednesday, Nov. 20 • 1-2 & 2-3 pm

Make and take home a **Thanksgiving 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, Nov. 21 • 1-2 pm

We are reading. *The Light Between Oceans* by M.J. Steadman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby. **In December we are reading *A House Among the Trees* by Julia Glass.**

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Nov. 26 • 2-3 pm

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

SEWING CLASS

Tuesdays • 12:30-2 pm

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



WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm **FREE**

Have fun and paint with Elio Sonsini.

WE'VE GOT TO HAVE FRIENDS

Thanks to the Friends of Worcester's Senior Center we celebrated Woodstock with 3 great events, enjoyed "Judy Garland" and cheered the Red Sox this summer.

COMING IN DECEMBER

- **WSC ANNUAL HOLIDAY PARTY, SPONSORED BY CHRISTOPHER HOUSE**
Wed. December 11th snow date Wed. December 18th
- **WEAR OUR FAVORITE HOLIDAY SWEATER PARTY WITH ENTERTAINMENT BY BILL MCCARTHY**
Mon. December 23rd
- **ESWA HOLIDAY LUNCH**
Mon. Dec. 23rd

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET:

TUESDAYS, 9-11 AM
STARTING NOVEMBER 5TH

GET YOUR FRESH FRUITS, VEGETABLES AND MORE....



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

NEW DOMINO CLUB

Thursdays, 9:30-11:30 am

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



VETERANS DAY COMMEMORATING THE VIETNAM WAR

FRI. NOVEMBER 8 • 10:30 AM-11:30 AM

SPECIAL GUESTS

- **PHILIP MADAIO**, Decorated Vietnam Combat Veteran, Silver Star, Bronze Star, Purple Heart
- **BETTY BENOIT**, Life Associate Member of the Military Order of the Purple Heart, ROTC/JROTC Coordinator, Union Hill School.

PRESENTATION OF COLORS

Assabet Valley Technical HS MCJROTC Cadets

VETERANS... please call 508-799-8070 to reserve your complementary meal.

SPONSORED BY:



In honor of the 50th Anniversary of the Vietnam War, the Worcester County Veterans Moving Wall, which lists all Worcester County Veterans lost in the Vietnam War, will be on display at the senior center on November 8th. Join us for a special viewing of the wall and to honor our U.S. Veterans. Thank you to WPD Officer Sean Lovely for organizing this touching tribute.



DIWALI FESTIVAL, "FESTIVAL OF LIGHTS"



Mon. November 18 • 1-3 pm

The Diwali festival, also known as the "Festival of Lights" is an ancient Hindu festival celebrated in autumn every year. Learn about India's culture and customs. Displays, music, and more. Sample some of India's delightful food and enjoy the atmosphere. Register by calling 508-799-1232.



Thanksgiving Celebration

TUESDAY, NOVEMBER 26 • 11:45 AM -1:30 PM

Thanksgiving Lunch sponsored by **Mayor Joseph Petty** and **Atty Anthony Vigliotti**, entertainment by award winning Quadrivium, Burncoat High School Chorus to kick off the holiday season. Sign up for lunch by calling ESWA 508-799-8070. Reserve early, limited seating.

Apple pies sponsored by: **CAREONE**

Decorations sponsored by: **MedMinder**

Centerpieces sponsored/provided by: **We Care 365**



CRAFT FAIR

Tues. November 26 • 10am-2pm

Support our Senior Center Crafters. Start your holiday shopping early. Crafters call Suki Lapin 508-799-1232 xt. 48016 for a table.

Happy Thanksgiving



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, Nov. 8 • 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.

PRACTICALITY AND FUNCTIONALITY OF MEDICAL CANNABIS

Wednesday, Nov. 13 • 12:30-1:30 pm

Danielle Benea & Ross Riley of *The Botanist* will speak about the practicality and functionality of Medical Cannabis. The Botanist is a therapeutic-focused medicinal dispensary located in the Worcester area. Their goal is to educate, advocate, and inform the public in a nonbiased and fact-driven process. As one of the very limited Cannabis-Pharmacists in the state, Ms. Benea is among few medical professionals that can legally speak to medication interaction and contraindication involving cannabis. Call 508-799-1232 to register.

FREE TAI CHI WITH MASTER DANSEREAU
Wednesdays, 2:30-3:30 pm



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

NEW CAREGIVER SUPPORT GROUP

Tuesday, Nov. 19 • 1-2 pm

Being a caregiver for a person living with dementia is complicated.



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

NOVEMBER SAFETY TIP

Daylight Saving Time ends on the first Sunday in November which is November 3rd this year, which means it'll start to get dark earlier. So make sure to drive safe and slow at night.

UPCOMING DECEMBER HEALTH

- **GUIDE TO GRIEF AND LOSS**
Tues, December 3rd 9:30-10:30 am
sponsored by "Caring Hospice Services"

"TIME TO CARE" RESPITE DAY PROGRAM

Tuesdays, 10 am-2 pm

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



CENTURY HOME CARE

GLUCOSE TESTING

Tuesday, Nov. 19 • 9:30-11 am

MEMORY CAFE

Tuesday, Nov. 19 • 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.



FREE NEW ZUMBA GOLD EXERCISE CLASS

NEW TIME Friday, 9-9:30 am
November 1, 8, 15, 22 & 29

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



FREE MINDFUL MEDITATION

Monday, Nov. 4, 18 & 25 • 12:30-1:30 pm

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



CHRISTOPHER HEIGHTS of Worcester
AN ASSISTED LIVING COMMUNITY

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



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- 1.5 hours of daily assistance with personal care needs
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DO YOU NEED HELP USING YOUR COMPUTER OR

TABLET? Do you have a new tablet – or one that you've had for a while but cannot figure out? Are you good at doing some things on your tablet, or computer, and want to learn to do a few more??



If you need 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.

50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

Your AGE really is your EDGE!!

Wednesday, Nov. 1 & 15 • 9:30-11:30 am

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

AARP
Real Possibilities



Massachusetts
Councils on Aging



WSC participant Jette Brank surrounded by Happy Quilters, proudly displays her gorgeous quilt that won 1st prize at the 2019 Sterling Fair

Rosemarie Highland, her family and others celebrate her retirement from St. Paul's Elder Outreach

**GAMES/CRAFTS/MUSIC**

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

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

Cribbage: daily at 10:00 am

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

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

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

LEARN SOMETHING NEW

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

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

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

GET FIT & HAVE FUN

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

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

Joe Fish Fitness: **CLASS FULL**

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

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

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

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

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

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

FREE FREE LEGAL CONSULTATIONS with Atty. Michael Gorman

Friday, Nov. 15 • 9:30-12:30 pm

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

Thurs. Nov. 14 • 10 am-12 noon

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.

LGBTQ 50+ CLUB

Please join us at the senior center for the new **monthly LGBTQ Support/Social Group**. The group meets every **2nd Tuesday of the month from 10 am- 11:30 am starting November 12th**. This is an opportunity to spend time with old friends and make new friends! Contact **Linda Wincek-Moore** at **508-799-1232 x48011** for more information



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.**



SHINE: Serving the Health Information Needs of Everyone

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

MEDICARE OPEN ENROLLMENT BEGINS OCT. 15TH & ENDS DECEMBER 7TH

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

Remember!! You need to be sure that you're primary care physician and other providers are covered in the plans network **before** you change to a different Medicare plan. You should also be sure your medications are covered as well.

Additionally starting this year, we are strongly urging all beneficiaries, to sign up for a "mymedicare account". Having this account will allow us to assist you more comprehensively with you choices for 2020. Information on signing up is available on our website www.shinema.org. Just click on the **mymedicare** link.

For more info. call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.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 **Nov. 14:** Healthy Stir Fry (Hủ tiếu Xào Chay): rice noodle, tofu, bean sprouts, Asian leek, mixed vegetables & soy sauce.



TRANSPORTATION

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

2 WRTA Routes Service the Worcester Senior Center:

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



Auburn Pharmacist Talks about CBD Oil

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

LATINO CLUB 60+
Mondays & Fridays 9:30-11:30 am
 Contact Jose Curet, Club 60+
 Latino Elder Group Coordinator
 508-799-1232 ext. 48007 for more
 information about the program.

EL CLUB LATINO 60+
Los lunes y Viernes
 Para más información, puede
 comunicarse con Jose Curet, a
 508-799-1232 ext. 48007.

CHINESE ELDER PROGRAM
EVERY FRIDAY:
9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class

Contact Wei Shi 508-799-1232 ext. 48014
 shiw@Worcesterma.gov (Chinese)
 or Yung Phan 508-799-1232 ext. 48006
 PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目
 上午九點：做操鍛煉與早茶
 十點：ESL英語課
 十一點半：午飯
 下午十二點半：中文課（普通話）
 與曹履成先生關係（中文：電話：
 508-799-1232 ext. 48012。
 電子郵件：shiw@Worcesterma.gov
 或與Yung Phan 關係（英文）：
 電話：508-799-1232 ext. 48006、
 電子郵件：PhanD@Worcester.gov

VIETNAMESE ELDER PROGRAM

Chương trình Cao niên Việt Nam sinh hoạt hàng tuần vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:

- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họa 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.



Concert Pianist Archie Richards performs



Cheryl Gengal of Be Like Brit Foundation, Inc. Sept. Distinguished Speaker with audience



Cheryl Gengal-Be Like Brit Foundation Inc.



Spreading the Bemis Love in Worcester



BCBS Day of Service at the Senior Center with Mayor Joseph Petty



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

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508-421-9300
Code: 2605

Not applicable towards alcohol, gift cards, Takeout Deals, Two for U Lunch, 1/2 price appetizers, or any other special offer or discount. One coupon per party. Valid at participating locations, not valid at UNO fresco or Uno, Due, & Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.

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Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 11/30/19.

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

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



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

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
 <p>* Diabetic Friendly ** Higher Sodium Entree</p>		<p align="center">MENUS SUBJECT TO CHANGE.</p> <p align="center">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.</p>						 <p>Shepherd's Pie 1 Carrots Peas Yogurt Corn Muffin Alternate: SOUP DU JOUR, N.Y. PASTRAMI</p>	
<p>Beef Stew 4 Rice Corn Niblets Mandarin Oranges French Bread Alternate: SOUP DU JOUR, CHICKEN SALAD</p>	<p>Garlic Herbed Chicken 5 Bread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread No Alt Served</p>	<p>Baked Potato w/ Chili & Cheese 6 Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread Alternate: SOUP DU JOUR, SLICED ROAST BEEF</p>	<p>Hot Dog 7 Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard Alternate: SOUP DU JOUR, TURKEY SALAD</p>	<p>Teriyaki Beef 8 Steamed Rice Carrots Pineapple Fortune Cookie Marble Rye Bread No Alt Served</p>					
<p>Veterans' Day 11 NO MEAL SERVED</p>	<p>Macaroni & Cheese 12 Stewed Tomatoes Green Beans Fresh Fruit Italian Bread Alternate: SOUP DU JOUR, RANCH CHICKEN SALAD w/ BACON</p>	<p>Buttermilk Chicken 13 Sr Crm & Chive Potatoes Corn w/Red Peppers Peach Crisp Diet = Peaches Whole Wheat Bread Alternate: SOUP DU JOUR, SLICED TURKEY</p>	<p>Meatloaf with Gravy 14 Garlic Mashed Potatoes Carrots Baked Cinnamon Pears French Bread Alternate: SOUP DU JOUR, CAESAR CHICKEN SALAD</p>	<p>Fish with Parmesan Cream Sauce 15 Wild Rice California Vegetables Blondie / Diet=Half Piece Pumpnickel Bread Alternate: SOUP DU JOUR, CORNED BEEF</p>					
<p>Pork Rib-i-que 18 Mac n' Cheese Mixed Vegetables Pineapple Sandwich Roll Alternate: SOUP DU JOUR, EGG SALAD</p>	<p>Chicken Cacciatore 19 Gemmeli Pasta Roasted Broccoli Butterscotch Pudding Diet = Vanilla Pudding Italian Bread Alternate: SOUP DU JOUR, TURKEY SALAD</p>	<p>Sloppy Joe 20 Herbed Potatoes Green Beans w/Peppers Strawberries Sandwich Roll Alternate: SOUP DU JOUR, N.Y. PASTRAMI</p>	<p>Swedish Meatballs 21 Mashed Potatoes Scandinavian Vegetables Birthday Cake Diet = Half Piece Marble Rye Bread Alternate: SOUP DU JOUR, HAM SALAD</p>	<p>Fish w/Crumb Topping 22 Rice Pilaf Peas & Carrots Fruited Ambrosia Whole Wheat Bread Alternate: SOUP DU JOUR, SLICED ROAST BEEF</p>					
<p>Chicken Pot Pie 25 Mashed Potatoes Corn Niblets Peaches Biscuit Alternate: SOUP DU JOUR, CHICKEN SALAD</p>	<p>Holiday Meal Roast Turkey w/Gravy 26 Cornbread Stuffing Roasted Broccoli & Carrots Cream Puff French Bread No Alt Served</p>	<p>Potato Crunch Fish 27 O'Brien Potatoes Peas & Onions Pumpkin Spice Cake Diet = Half Piece Pumpnickel Bread Tartar Sauce Alternate: SOUP DU JOUR, CORNED BEEF</p>	<p>Thanksgiving Day 28 NO MEAL SERVED</p>	<p>Pinwheels w/Marinara & Meatballs 29 Green Beans Fresh Fruit Italian Bread Alternate: SOUP DU JOUR, SLICED TURKEY</p>					



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
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Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability of staff 24-hours, and emergency call system in each apartment.

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

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

MONDAY

TUESDAY

WEDNESDAY



<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-11:30 MONTHLY CRAFT CLASS 10-12 Cribbage 10-1 Scrabble 10:30-11:30 Senator Moore Office Hrs 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH</p>	<p>12:30-1:30 MINDFUL MEDITATION 4 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD III</p>	<p>9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE-CANCELLED 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE-CANCELLED 12-1 Taijiquan Practice Group</p>	<p>12:30-2 Sewing Class 5 2-3:30 Radio Show</p> <p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS</p>
<p>VETERANS DAY CLOSED</p> 	<p>11</p> <p>9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 9:39-12 LGBTQ 60+ CLUB 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-11:30 LGBTQ 60+ CLUB 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group</p>	<p>11-12 Osteo Exercise/Maint. 12 11-12 SAIL EXERCISE 12-1 LIBRARY OUTREACH 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 THE BOTANIST 12:30-2:30 Crochet & Knit for Fun</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 12:30-1:30 MINDFUL MEDITATION 1-3 DIWALI FESTIVAL</p>	<p>1-3 Happy Quilters 18 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN</p>	<p>9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-11 CRAFT WITH ABAGAIL 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 10-2 A TIME TO CARE</p>	<p>10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 19 11-12 SAIL EXERCISE 12-1 Osteo Nutrition Maint. 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 CAREGIVER SUPPORT GROUP 2-3:30 MEMORY CAFE 2-3:30 Radio Show</p> <p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 12:30-1:30 MINDFUL MEDITATION</p>	<p>1:30-2:15 SEATED STRENGTH CLASS 25 1:30-2:30 LEARNING ITALIAN 4-6 commission meeting</p>	<p>9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE-CANCELLED 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 CRAFT FAIR 10-2 A TIME TO CARE 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE-CANCELLED 11:45-1:30 THANKSGIVING CELEBRATION</p>	<p>12-1 Taijiquan Practice Group 26 12:30-2 Sewing Class 2-3 LIBBY 2-3:30 Radio Show</p> <p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch</p>

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Nursing Center

YOUR PARTNERS IN CARE



November

<p>1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p> <p>6</p>	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS</p>	<p>1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>7</p>	<p>TRIP: FOXWOODS 9-9:30 ZUMBA GOLD 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 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage</p>	<p>11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"DOG DAYS" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III</p> <p>1</p>
<p>1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p> <p>13</p>	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-11:30 SOCIAL SECURITY 101 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</p>	<p>11:30-12:30 WPD COMMUNITY CONCERNS MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>14</p>	<p>9-9:30 ZUMBA GOLD 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 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group 11-12 Beginner French</p>	<p>11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "THE TOMORROW MAN" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III</p> <p>15</p>
<p>1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p> <p>20</p>	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian Elder Group 10-12 Cribbage 10-12 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</p>	<p>12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p> <p>21</p>	<p>TRIP:SALEM CROSS CHRISTMAS 9-9:30 ZUMBA GOLD 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 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 Beginner French 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"BLACKKLANSMAN" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>22</p>
<p>1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p> <p>27</p>	<p>THANKSGIVING CLOSED</p>		<p>9-9:30 ZUMBA GOLD 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 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 Beginner French 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "THE LAST WORD" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> <p>29</p>



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508-754-8877
www.lutheranrehab.com

CALL US TODAY TO SCHEDULE A TOUR.

We would like to thank the Friends of RSVP Volunteers of Central MA



for hosting another wonderful Annual Volunteer Recognition Luncheon at the AC Hotel. RSVP believes in recognizing volunteers for their hard work and service to their communities. Thank you for all that you do! Have you been thinking about becoming a volunteer but you don't know where to start? Join us for Fall Enrollment at RSVP Volunteers of Central MA! RSVP partners with non-profit organizations all over Worcester County and we help you decide on the opportunity that is best for you!

Sample volunteer opportunities open this Fall include but are not limited to:

- Assist with one of RSVP's many programs supporting Elder Justice: Senior Fraud HelpLine, Fraud Brigade and The Fraud Squad Players.
- Prepare or deliver Meals on Wheels.
- Become an integral part of a Hospice team.
- Help rebuild our community by joining the team at the Habitat for Humanity ReStore.
- Become a tutor or provide classroom support for the Worcester Public School System.

Call Tiffany today to hear more about the many opportunities open this Fall at RSVP! 508-791-7787. Recognize • Resist • Report. Call the Senior Fraud HelpLine at 1-800-297-9760

RSVP is sponsored locally by Family Services of Central MA

*November's sky is chill and drear,
November's leaf is red and sear,
This is a "Thankful" time of year, for you to VOLUNTEER!!*



November comes and November disappears, but we are always..... Looking for NEW VOLUNTEERS!!

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



- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- Vacation/Sick days, and Holidays!!

Please call Joy Rehfeld @ 508-791-7783

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

VOLUNTEERS NEEDED FOR TAX PREPARATION

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3 million taxpayers avail themselves of Tax-Aide services. Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to < <https://aarp.org/taxaide> >.

CITY OF WORCESTER PUBLIC NOTICE



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

Eligibility requirements:

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

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

SAVE THE DATE!!

EVENT: Mystery Dinner Theater (Theme Pending)

PRESENTED BY: The Comical Mystery Tour

DATE: Saturday December 7, 2019

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

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

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

FOR MORE INFORMATION CONTACT:

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

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



thecomicalmysterytour.com

**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



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

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

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

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

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

DAY TRIPS

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

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 La Salette Shrine	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	NEW \$94.00/per person

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Sunday, February 23, 2020 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
Depart: Wednesday, June 17, 2020 Return: Friday, June 19, 2020	Penn Dutch Showstopper - Sound Theater "Queen Esther"	Double \$546.00/pp, Triple \$536.00/pp, Single \$656.00/pp, Child \$456.00/pp NEW Deposit due by 3/10/20

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

Fridays: November 2 & December 6



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

FRIENDS is governed by an all-volunteer Board of Director's and led by a paid, part-time Executive staff. Funds generally are raised through a variety of special events, donor appeals/solicitation of individuals, businesses, corporations, agencies and grant writing. **FRIENDS** sponsors and supports many social, educational and advocacy events that benefit the mental, physical and emotional health of seniors each year.

The SEPTEMBER CALENDAR RAFFLE was a SUCCESS!!
THANK YOU, ONE AND ALL!!

Complete listing of WINNERS and DONORS will appear in the DECEMBER issue of the Scoop, as all have not been drawn at time of publishing.

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 11, NOVEMBER 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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Heddles of a loom
- Blue-green
- Sheep's cry
- Oil (pref.)
- Underground growth
- Warp yarn
- Father: Arabic
- Terrified
- Tonic herb
- Cutting tool
- Yemen capital
- Roof edge
- Drink
- Tremble
- Wing
- Dolt
- N.Z. fish
- Cultivate land
- Puccini opera
- Robber
- Elam's capital
- Irish exclamation
- Perspire
- Accustomed

DOWN

- Layer
- Dawn love song
- Time period
- Dessert
- Archbishop (abbr.)
- As far as (Lat.)
- Cubitus
- Endure
- Annul (2 words)
- Presidential nickname
- Abdominal (abbr.)
- Russ. despot
- Home

ANSWER TO PREVIOUS PUZZLE

SEA	ASS	ALI
DUAD	BAT	SABA
OKRA	LARGE	VAT
AES	MARIE	ANA
TAIT	ANC	
POOL	ROD	THAIS
SANA	RES	ESCA
IRENE	CAP	STAN
TCH	METR	
UDI	CARO	ALL
MORD	ANCY	OGEE
EGAD	AME	CAAM
ENT	PPD	ALP

ACROSS

- 53 Turk. title
- 54 Shoemaker's tool
- 55 Malay law
- 56 River nymph
- 57 Drone
- 58 Direct
- 59 Exclamation

DOWN

- landscape
- 22 Nautical (abbr.)
- 23 Lamb (Lat.)
- 25 Reverberate
- 26 Sort comedy sketch
- 27 Fabric
- 28 King of Israel
- 29 Protean
- 30 Unbleached shade
- 34 Assuage
- 37 Physician (pref.)
- 39 Tropical fever
- 41 Deadly
- 44 City slicker
- 46 Equal (Fr.)
- 47 Branch of Muslim
- 48 Russian news agency
- 49 Habakkuk (abbr.)
- 50 Windmill sail
- 51 Wider than AAAA
- 52 Limited (abbr.)

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