

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 12, DECEMBER 2017



**See page 5 for
featured programs...**

SPEND YOUR DAY AT THE SENIOR CENTER

Holiday Decorating

Wed., December 6 • 9:30-11:30 am

**It's time for the conductor to guide his passengers
to the North Pole on... *THE POLAR EXPRESS***

Fri., December 8 • 10-11:30 am

Snow date: Fri., December 15 • 10-11:30 am

WSC Holiday Party

with Entertainment by Salisbury Singers

Wed., December 13 • 10 am-1:30 pm

Snow date: Wed., December 20

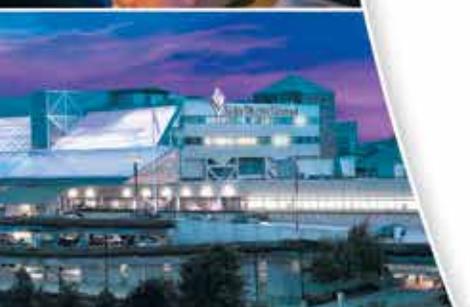
"Wear Your Favorite Holiday Sweater" Party

Holiday Music with Roger Tincknell!!

Thurs., December 21 • 10:30-11:30 am

**Special Thanks to our
Proud Premier Sponsor:**





SAINT VINCENT HOSPITAL

Saint Vincent Hospital is an acute care hospital providing general and tertiary medical services to residents of Worcester and Central Massachusetts.

From newborns to seniors, Saint Vincent Hospital has a wide range of inpatient and outpatient services including open heart surgery, cardiovascular medicine, a brand new state-of-the-art Cancer and Wellness Center, and a comprehensive joint replacement program just to name a few. A continuum of care is offered through the **Center for Musculoskeletal Services**, **The Center for Heart & Vascular Services**, and the **Cancer & Wellness Center**.

Founded by the Sisters of Providence in 1893, Saint Vincent Hospital has more than a century-long tradition of providing high-quality medical care and exceptional customer service at a low cost.

- > Accredited by the Joint Commission
- > Leapfrog Safety Rating, "A"
- > 24 hour Emergency Department staffed by board certified emergency physicians
- > Advanced Cardiac Care including Cardiac Catheterization, and Electrophysiology Service for treating irregular heart rhythms, and Transaortic valve repair
- > High technology Cancer Care capabilities including radiation therapies, and a state-of-the-art Cyberknife in our comprehensive Cancer & Wellness Center
- > ACR Accredited Radiation Oncology Department
- > Extensive Surgical services including daVinci® Robotic Surgery
- > Center for Musculoskeletal Services and Joint Replacement Program
- > Stroke Center Certified by the American Heart Association
- > Behavioral Medicine Program
- > Wound Healing Center complete with hyperbaric oxygen therapy chambers
- > Online Emergency Room Check-In
- > Major teaching affiliate of the University of Massachusetts Medical School

To learn more, please visit stvincenthospital.com

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: 508-799-1232

FAX: 508-799-1743

WEBSITE: www.worcesterma.gov/ocm/elder-affairs



You can Access the Scoop by clicking on "Monthly Newsletter"

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

City Manager Edward M. Augustus Jr.

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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.



BRIARWOOD
Continuing Care Retirement Community

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

www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

Briarwood

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

Knollwood Nursing Center

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
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- State-of-the-art pharmacy system

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

www.knollwoodnursingcenter.com

Knollwood
Nursing Center
YOUR PARTNERS IN CARE

CRIBBAGE TOURNAMENT

Monday, December 4 • 9-11:30 am
 Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

PITCH TOURNAMENTS

Monday, December 11 & 18 • 9:30-11:30 am
 Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

COLORING ISN'T JUST FOR KIDS!

Friday, December 1 & 15 • 10-11:30 am
 A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

CRAFTS WITH LAUREL

Monday, December 4 & 18 • 10-11:30 am
December 4th Project: Cinnamon stick crafts! Make 1, 2 or all 3 of these adorable holiday crafts! **December 18th Project: Adorable painted rock craft. Keep for yourself or give as a gift!** \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



HERBERT E. BERG FLOWER ARRANGING

Wednesday, December 6 • 1-2 & 2-3 pm
 Make and take home a **Boxwood Arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

12 DAYS OF CHRISTMAS ORNAMENT CRAFT

Tuesday, December 12 • 10-11 am
 Make the 12 Days of Christmas Ornaments with Maureen Carlos. Cost: \$5.00. Register at the front desk or call 508-799-1232.

HOLIDAY SING-A-LONG WORCESTER ACADEMY MIDDLE SCHOOL ENSEMBLE!

Tuesday, December 12 • 11 am-Noon



CREATE A HOLIDAY CENTERPIECE WITH TINA BEMIS!

Monday, December 18 • 1-2 pm
 Make a beautiful holiday centerpiece out of an assortment of fragrant evergreen boughs, pine cones, wild red berries, ribbons, sparkly things, and natural ornaments. Tina Bemis from Bemis Farms Nursery will bring everything you need, just bring your sense of humor, gloves, if you like to work with them and \$10.



NEW NEIGHBORHOOD CRIME WATCH MEETING WITH WPD

Monday, December 18 • 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 medications.

BOOK DISCUSSION

Thursday, Dec. 21 • 1-2 pm
 New members are always welcome! We are reading **Sick Puppy** by Carl Hiaasen. Independently wealthy eco-terrorist Twilly Spree teaches a flagrant litterbug a lesson--and leaves the offender's precious Range Rover swarming with hungry dung beetles. When he discovers the litterer is one of the most powerful political fixers in Florida, the real Hiaasen-style fun begins. In January we are reading **A Piece of the World** by Christina Baker Kline.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, December 19 • 2-3 pm

SEWING CLASS

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

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

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET SCHEDULE TUESDAYS 9:30-11:30 AM THROUGH DECEMBER.

COMING IN JANUARY

- Distinguished Speaker Series begins with District Attorney Joseph D. Early Jr. Wed. Jan 17, 10:30-11:30 pm snow date: Wed. Jan 24th
- Karen Carpenter Tribute Band Wed. January 17, 2018 12:30-1:30 pm snow date: Wed. January 24th
- Fly Tying Classes with Jim Lagacy, MA Division of Fisheries & Wildlife Mon. Jan 22nd & Mon. Jan 29th, 10-12pm

MURDER MYSTERY DINNER THEATER

"YOU CAN'T TOY WITH DEATH"



DATE:
 Sunday December 10, 2017
(Deadline for ticket purchase Wednesday December 6th, 2017)

TIME:
 4pm - 6:30 pm. Doors open at 3:45 pm

PRESENTED BY:
 The Comical Mystery Tour
<http://thecomicalmysterytour.com/>

SPONSORED BY:
 Quinsigamond Community College Alumni Board and QCC Hospitality Students

ENTRÉE CHOICE:
 Marinated London Broil, Chicken Fricassee, or Marinated Portabella Mushroom (meal choice will be noted at time of ticket purchase), non-alcoholic beverage, salad and seasonal dessert also included.

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

TICKETS AVAILABLE AT:
 QCC's Bobby M's Diner (located in the Worcester Senior Center), email to rking@qcc.mass.edu or call 508-815-9569.



Holiday Decorating

Wednesday, December 6 • 9:30-11:30 am

Join us for some fun **holiday decorating**, trim the trees, enjoy **holiday music** and hang some **snowflakes** while enjoying **holiday refreshments**.

Let us know if you plan on helping by stopping at the front desk or call 508-799-1232.



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



WORCESTER SENIOR CENTER

Let it Snow

HOLIDAY PARTY



Wednesday **December 13, 2017**
10AM - 1:30PM

Snow Date:
December 20, 2017

Dinner:
Turkey Dinner with a Nice Dessert
Call ESWA 508-799-8070 to register for the Holiday Meal!

Performing:

- Vietnamese Elder Group Chorus
- Chinese Elder Group Chorus
- Arabic Elder Group Dance
- Salisbury Singers

Special Appearances, raffles and more!



SPONSORED BY:



IT'S TIME FOR THE CONDUCTOR TO GUIDE HIS PASSENGERS TO THE NORTH POLE ON....*THE POLAR EXPRESS*

Fri. December 8 • 10-11:30am
Snow date: Fri., Dec. 15 • 10-11:30 am



Meet Conductor, John Riccio of RSVP Worcester Area Volunteers & Union Hill School First Graders who will join us for the story and fun! A special WFD guest appearance who will provide goodies and refreshments! Sponsored by RSVP Worcester Area Volunteers. Register at the front desk or call 508-799-1232.



"Wear Your Favorite Holiday Sweater" while enjoying Holiday Music with Roger Tincknell!!

Thursday, December 21
10:30-11:30 am

Sponsored by:



Call ESWA Nutrition Program at 508-799-8070 to reserve your Special Holiday Meal.

RAFFLES



DIABETES SUPPORT GROUP

Wednesday, December 6 • 9:30-10:30 am
Exchange ideas, recipes and offer support to maintain health and wellness while living with diabetes. Call 508-799-1232 to sign up.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, December 1 • 9:15-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

HEALTHY LIVING SUPPORT GROUP

Monday, December 4 • 12:30-1:30 pm
A support group for past participants of the evidenced-based programs: "Matter of Balance", "My Life My Health" "Tai Chi for Healthy Aging" and "Healthy Eating". Share your knowledge and experiences with your peers, while learning current health practices. Call 508-799-1232 to register.

COPING STRATEGIES DURING THE HOLIDAY SEASON

Tuesday, December 5 • 9:30-10:30 am
Donna Woislaw, RN, from **AROUND the CLOCK HOME HEALTHCARE** will offer support, coping strategies, and hope for those suffering from or facing major life changes during the emotional holiday season. Refreshments will be served. Call 508-799-1232 today to participate in this meaningful and helpful program.

BONE DENSITY & BLOOD

PRESSURE CHECK 
Wed., Dec. 6 • 1-3 pm
Just a few helpful tips for the event... Blood pressures are taken on your arm - remember to dress in loose fitting clothing Bone densities are non-invasive and performed using your foot/leg (Achilles test). Participants will need to remove socks, shoes and roll pant leg up. Provided by the VNA Care Nurses. Sign up at the front desk or call 508-799-1232.

AGELESS GRACE

Friday, December 8 • 1-2:30 pm
Snow date: Mon., Dec. 11 • 1-2:30 pm
The Ageless Grace® Brain Health Program is Timeless Fitness for the Body & Brain! Consisting of 21 Simple Tools for Lifelong Comfort and Ease, and based on the science of Neuroplasticity - consciously choosing to change the brain through physical movements similar to playful childhood activities that developed neural pathways from birth to mid-teens. Please sign up for this program by calling 508-799-1232. Sponsored by: 

WSU NURSING STUDENTS ASK A NURSE & BP CLINIC

Fridays, December 1st & 8th • 9 am-3 pm

GLUCOSE TESTING

Century Homecare
Tuesday, December 19 • 9:30-10:30 am

DECEMBER SAFETY TIP

Keep a regular sleep-wake schedule and you'll feel much more refreshed and energized than if you sleep the same number of hours at different times, even if you only alter your sleep schedule by an hour or two.

COMING IN JANUARY HEALTH

- **KNOW THE 10 SIGNS - EARLY DETECTION MATTERS -ALZHEIMER'S ASSOC.** Wed., Jan. 10 • 10:30-11:30 am
Snow date: Jan. 31 • 10:30-11:30 am
- **WHEELCHAIR SQUARE DANCING**
Fridays 1:30-3:30 pm, starting Jan. 5th

NANCY CIMATO'S FREE BALANCE, STRENGTH TRAINING & EXERCISE CLASS

Wednesdays, 1:30-2:30 pm. This 8 week program starts January 3rd
Do you worry about falling or losing your balance? Do you want to hang on to your independence as long as you can? Then join us for Strength and Balance. We will exercise to improve strength, flexibility and balance. We will also discuss ways to get around your home and outside more safely and comfortably. And we just might have fun doing it! Wear your sneakers and bring your positive attitude to Strength and Balance. Nancy Cimato is a certified instructor of Yoga, Aerobics, Silver Sneakers and Matter of Balance. Sign up in advance by stopping by the Front Desk or calling 508-799-1232.



Holiday Fun Facts!

Christmas wasn't declared an official holiday in the United States until June 26, 1870.

St. Nicholas was bishop of Myra, Turkey in the 4th century. The Dutch first made him into a Christmas gift-giver. Dutch settlers brought him to America where his name became Santa Claus.

Artificial Christmas trees have out-sold real ones since 1991.

Alabama was the first state to recognize Christmas as an official holiday, and the tradition began in 1836.

GAMES/CRAFTS/MUSIC

Pitch: Wednesdays, 1-3 pm
Mah Jong: Wednesdays 9:00-11:30 am
Movies: Fridays at 1:00 pm
Crafts with Laurel: 2nd Monday of the month 10-11:30 am
Cribbage: daily at 10:00 am
Card Playing: Fridays, 1:00-3:00 pm
Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm, Fridays 9:30-11:30 am
Scrabble: Mondays, 10 am-1 pm
Beginner Scrabble: Mondays, 10 am-1 pm
Project Linus- crochet group: Thursdays at 9:30 am
Crochet & Knitting for Fun: Wednesdays at 12:30 pm
Gordon Creamer, Organ Player: Wednesdays, 11:30 am-Noon
Adult Coloring: 1st & 3rd Fridays of the month
LEARN SOMETHING NEW
Chinese Mandarin: Fri. 12:30-2 pm, Call Mr. Cao at 508-799-8069
Spanish Class: Mondays, 11 am-Noon
Beginner Spanish: Mondays, 12:30-1:30 pm
Beginner French Fridays 11-12 pm
ESL for CHINESE: Fridays 10-11:30 am
Beginner ESL for Vietnamese: Thursdays 9:30-10:30 am
ESL for Arabic: 1st & 3rd Tuesdays, 10-11:30 am
SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm, Wed. at 10 pm and Thurs. at Noon

GET FIT & HAVE FUN

Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass
Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass
Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee
Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee
Joe Fish Fitness: Tuesdays & Thursdays, 10-11 am
Walking Club: Thursdays, 9-12 pm
Ballroom Dance Classes: Fridays at Noon, \$3 fee
Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am
Ping Pong: Thursdays 1-3 pm
Tai Chi with Master Keenan: Wednesdays 3:30-4:30 pm
MEETINGS
Commission on Elder Affairs: 4th Monday at 4 pm
African American Elder Group: Thursdays at 10 am
Vietnamese Elder Group: Thursdays at 10:15 am
Chinese Elder Group: Fridays 9-10 am
Arabic Elder Group: 1st Tuesday & 3rd Tuesday 10:30-12 pm
Latino Club 60+: Mondays & Fridays 9:30-11:30 am
Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am



COMPUTER LESSONS

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

ASSISTIVE TECHNOLOGY TRAINING

If you are blind or visually impaired and have difficulty using a computer, using a tablet, reading books or many other of life's daily functions, consider one-on-one training in assistive technology to help enrich your life in many ways. 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 MA Assoc. of Councils on Aging.



Kindness Project Cards created by 2nd graders from the Boys & Girls Club



A Big Good Bye and Thank You to Don Slaughter!!

GREEN HILL TOWERS

Award Winning Affordable Senior Housing



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

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



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

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

Legal Counseling: : Thursday, Dec. 7th, appointment required - call 508-799-1233.

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

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

Big Book Step Study

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

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

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**.



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

Our students work hard to offer a menu that uses fresh and local foods high in vitamins, minerals and proteins. Most of our menu items are diabetic friendly, lower in salt, fat and cholesterol and foods on our menu are made from scratch.

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

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

NEWS FROM SHINE

Extension of Equitable Relief for Beneficiaries Dually Enrolled in Medicare and Marketplace

The Centers for Medicare & Medicaid Services (CMS) is extending the deadline through Sept 30, 2018, for equitable relief assistance to Medicare beneficiaries currently enrolled in Medicare Part A and the Marketplace for individuals or families. This assistance provides eligible individuals with an opportunity to enroll in Medicare Part B without penalty. Further, CMS is offering assistance to eligible individuals who were dually enrolled in Medicare Part A and the Marketplace for individuals and families and subsequently enrolled in Medicare Part B with a penalty. This assistance provides these individuals an opportunity to request a reduction in their Medicare Part B late enrollment penalty.

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

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 **December 14: Combo Seasons, chicken & beef flavor (Mi xào thập cẩm) (Soy "chicken 'n beef", combo veggies, brown sauce, onion served with noodles).**

MEMORY CAFE

Tuesday, Dec. 19 • 2-3:30 pm



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

RAINBOW LUNCH

Elder Services of Worcester Area, Inc. invites you to the **Rainbow Lunch Club*** at the Unitarian Universalist Church, 90 Holden Street, Worcester. Held on 2nd Wednesday of every month at Noon, and the **Rainbow Supper Club**, 1st Tuesday of each month, 6-8 pm. Reservations required: 508-756-1545 Ext. 339. *Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older.

TRANSPORTATION

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

Two WRTA routes service the Worcester Senior Center:

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



WRTA OFFERS TRAVEL TRAINING

Did you enjoy your walk along the bike path behind Walmart in June? Would you like to learn how to use the fixed route buses to go for a walk or to the movies? Call Tess, the travel trainer at the WRTA, at 508-453-3451 to make an appointment, and we can do the trip together.

CAREGIVER SUPPORT GROUP WITH ST. FRANCIS REHAB AND NURSING CENTER

Thursday, December 28 • 9:30-11 am

Come join us, this is your time, an opportunity to connect with other caregivers and share in the joy, challenges, frustrations, and triumphs of caregiving. Please register by calling 508-799-1232. Enjoy refreshments and raffles.



LATINO CLUB 60+

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

EL CLUB LATINO 60+

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

**CHINESE ELDER PROGRAM
EVERY FRIDAY:**

9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class

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

每星期五 中國老年人活動節目

上午九點: 做操鍛煉與早茶

十點: ESL英語課

十一點半: 午飯

下午十二點半: 中文課(普通話)

與曹履成先生聯係(中文): 電話:

508-799-8069、電子郵件:

CaoL@Worcesterma.gov

或與Yung Phan 聯係(英文):

電話: 508-799-8067、電子郵

件: PhanD@Worcester.gov

لقاء المجموعة العربية
ستتم الاجتماعات الشهرية كالتالي:
اول و ثالث ثلاثاء من كل شهر
من الساعة: 12:30 10:20
للاستفسار الرجاء الاتصال:
ورد
(774) 314-5756

Arabic Elder Group

NEW!!! CHINESE**MANDARIN CLUB**

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

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

Coretta Scott King – Nhà Vận động và Lãnh đạo Nhân quyền Hoa Kỳ 1927-2006

Coretta Scott King là một nữ lãnh đạo có ảnh hưởng nhất trên thế giới của chúng ta. Bà đã cống hiến cả cuộc đời cho công lý xã hội và hòa bình. Bà bước vào lịch sử thế giới vào năm 1955 với tư cách là vợ của Mục sư tiến sĩ Martin Luther King, Jr. và với vai trò lãnh đạo hàng đầu trong Phong trào Dân Quyền Hoa Kỳ.

Sinh ra và lớn lên ở tiểu bang Alabama, bà Coretta Scott tốt nghiệp Đại học ngành âm nhạc và giáo dục của trường Cao đẳng Antioch ở Yellow Springs, Ohio và sau đó tại Nhạc viện ở Boston nơi bà đã gặp Martin Luther King, Jr. lúc đó đang theo học tiến sĩ về thần học tại Đại học Boston. Từ những ngày đầu tiên, bà Coretta đã quân bình giữa công việc làm mẹ với công tác đấu tranh. Sự hợp tác đặc biệt của bà với Ts. King kết quả không chỉ là có bốn đứa con mà còn là cả cuộc đời dành những giá trị nhân phẩm cao nhất để phục vụ cho sự thay đổi xã hội.

Bà King đã đi khắp thế giới để phát biểu nhân danh công lý về chủng tộc và kinh tế, quyền của phụ nữ và trẻ em, phẩm giá đồng tính nữ và đồng tính nam, tự do tôn giáo, nhu cầu của người nghèo và người vô gia cư, việc làm đầy đủ, chăm sóc sức khỏe, cơ hội giáo dục, giải trừ vũ khí hạt nhân và công lý môi trường. Bà đã ủng hộ các phong trào ủng hộ dân chủ trên toàn thế giới và tư vấn cho nhiều nhà lãnh đạo thế giới, bao gồm Corazon Aquino, Kenneth Kaunda và Nelson Mandela.

Sau khi chồng bà bị ám sát vào năm 1968, bà King đã sáng lập và quyết tâm xây dựng và phát triển các chương trình cho Trung tâm Thay đổi Xã hội Không bạo lực ở Atlanta của Martin Luther King để tưởng niệm cuộc đời và ước mơ của chồng bà. Có lẽ di sản vĩ đại nhất của bà sau khi thành lập Trung tâm King, là chiến dịch giáo dục và vận động hành lang để công nhận ngày sinh của Tiến sĩ King như một ngày lễ quốc gia.

Bà King qua đời vào năm 2006. hàng trăm ngàn người dân Atlanta đã đứng xếp hàng trong cơn mưa tầm tã để tỏ lòng tôn kính. Bà được an táng cùng với chồng trong hầm mộ tưởng niệm nằm trong bể phản chiếu của Trung tâm Hội trường Tự do King, được hàng trăm ngàn người đến từ khắp nơi trên thế giới ghé thăm quanh năm.



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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 at least 2 days in advance by 10:30 a.m. to reserve a meal.				Lasagna 1 Broccoli Carrots Apple Crisp Diet=Graham Cookies Alternate: SOUP DU JOUR N.Y. PASTRAMI	
				SESAME BEEF 4 Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Cacciatore 5 Bowtie Pasta Italian Blend Vegetables Chocolate Mousse* Alternate: SOUP DU JOUR HAM SALAD	Hot Dog on Bun 6 Baked Beans Cole Slaw Fresh Fruit Alternate: SOUP DU JOUR SLICED ROAST BEEF	Potato Crunch Fish 7 Lemon Seasoned Potato Peas & Mushrooms Apple Cinnamon Grahams Alternate: SOUP DU JOUR TURKEY SALAD	Buttermilk Chicken 8 Red Bliss Potatoes Mixed Vegetables Pears Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD	
Chicken Mornay 11 Couscous Roman Blend Vegetables Yogurt Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Pork Rib-i-que 12 Hot Potato Salad Corn Niblets Strawberries/Whip.Topping Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH	Roast Turkey 13 Mashed Potatoes Peas and Pearl Onions Gingerbread No Alts Served	Meatloaf & Gravy 14 Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Macaroni & Cheese 15 Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR CORNED BEEF					
Swedish Meatballs 18 Gemelli Pasta Roman Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD	Stuffed Pepper Casserole 19 Mashed Potatoes Carrots Pear Crisp Pears Alternate: SOUP DU JOUR TURKEY SALAD	Sloppy Joe 20 Potato Wedges Mixed Vegetables Mandarin Oranges Wheat Roll Alternate: SOUP DU JOUR N.Y. PASTRAMI	Holiday Meal 21 Chicken w/ Sage Stuffing Chicken Gravy Sour Cream Chive Potatoes Peas and Carrots Cream Puffs Diet=Cheesecake Mousse Alternate: SOUP DU JOUR HAM SALAD	Catch of the Day 22 O'Brien Potatoes Tuscan Style Vegetables Brownie Diet=Plain Cake Alternate: SOUP DU JOUR SLICED ROAST BEEF					
Christmas Day 25 -No Meals Served-	Salisbury Steak 26 Mashed Potatoes Tuscan Vegetables Baked Cinnamon Apples Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Garlic Herbed Chicken 27 Wild Rice California Blend Vegetables Peaches Alternate: SOUP DU JOUR CORNED BEEF	Beef with Pearl Onions 28 Garlic Mashed Potatoes Carrots Birthday Cake Diet=Plain Cake Alternate: SOUP DU JOUR EGG SALAD	Breaded Fish 29 Tartar Sauce Delmonico Potatoes Mixed Vegetables Fresh Orange Alternate: SOUP DU JOUR SLICED TURKEY					

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MONDAY

TUESDAY

WEDNES



<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Homecare Solutions 10-11:30 CRAFT CLASS WITH LAUREL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class</p>	<p>12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish 12:30-1:30 HEALTHY LIVING SUPPORT GROUP 1-3 HAPPY QUILTERS</p>	<p>9-10 Aerobics 9-10:30 WINTER MOBILE MARKET 9-12 SHINE Counselor -Appt. Only 9:30-10:30 COPING STRATEGIES DURING THE HOLIDAY SEASON 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class</p>	<p>2-3:30 Radio Show</p> <p>TRIP: SLEIGH BELLS SWING 9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 DIABETES SUPPORT GROUP 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 9:30-11:30 HOLIDAY DECORATING 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish</p>	<p>9-10 Aerobics 9-10:30 WINTER MOBILE MARKET 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-11- 12 DAYS OF CHRISTMAS ORNAMENT CRAFT 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 11-12 Osteo Exercise/Maint. 11-12 HOLIDAY SING-A-LONG 12-1 TAI CHI PRACTICE GROUP</p>	<p>12:30-2 Sewing Class 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1:30 HOLIDAY PARTY 10:30-12 CONVERSATIONAL ENGLISH CLUB 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12:30-2:30 Crochet & Knit for Fun</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 CRAFT CLASS WITH LAUREL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 WPD NEIGHBORHOOD WATCH MEETING 1-2 BEMIS FARM HOLIDAY CENTERPIECE 1-3 HAPPY QUILTERS</p>	<p>9-10 Aerobics 9-10:30 WINTER MOBILE MARKET 9-12 SHINE Counselor -Appt. Only 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-11:30 RSVP LETTER WRITING 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP</p>	<p>12:30-2 Sewing Class 12:30-2:30 PODIATRY CLINIC 2-3 LIBBY 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p> <p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-11:30 SNOWDATE Holiday Party 10:30-12:30 Open Bridge 11-12 CONVERSATIONAL ENGLISH CLUB 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12:30-2:30 Crochet & Knit for Fun</p>
<p>Closed - <i>Christmas</i></p> 	<p>9-10 Aerobics 9-10:30 WINTER MOBILE MARKET 9-12 SHINE Counselor - Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-12 Osteo Exercise/Maint. 12-1 TAI CHI PRACTICE GROUP 12:30-2 Sewing Class 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 11-12 CONVERSATIONAL ENGLISH CLUB 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS</p>	

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DAY

THURSDAY

FRIDAY

		9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9-3 WSU ASK A NURSE & BP CLINIC 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance		12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - "THE SHACK" 1-3:30 Watercolor/Mixed Media	1
		12-1 VIETNAMESE DANCE CLASS 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 BONE DENSITY SCREENING & BP CHECK 1-3 Pitch 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	9-10 Aerobics 9-11:30 LEGAL COUNSELING- by Appt only 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11 BP Clinic by Walgreens 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10-2:30 OIL PAINTING- CANCELLED 10:30-11:30 Vietnamese Elder Group 1-3 Ping Pong 1-4 Friends BINGO	TRIP: FOXWOODS 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9-3 WSU ASK A NURSE & BP CLINIC 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-11:30 POLAR EXPRESS 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint
1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Shaw's 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 PEERS Bhutanese Group 10:30-11:30 Vietnamese Elder Group	11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint	12-1 Ballroom Dance 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK- "WONDER WOMAN" 1-3:30 Watercolor/Mixed Media	15
1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor - by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Acclaim Whole Health 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	10:30-11:30 WEAR YOUR FAVORITE HOLIDAY SWEATER 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 Friends BINGO	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin	1-3 Card Playing 1-3 FRIDAY FLICK - "THE HOLIDAY" 1-3:30 Watercolor/Mixed Media	22
12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-10:30 BP Clinic by St. Mary's 9:30-11 CAREGIVER SUPPORT GROUP 9:30-12 RSVP-Blankets For Babies 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only	10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 1-3 Ping Pong 1-4 Friends BINGO	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - "THE CIRCLE" 1-3:30 Watercolor/Mixed Media	29





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This holiday season become a Senior Companion Volunteer! It is a wonderful opportunity for you, to spread some cheer!! If you can volunteer from 15-40 hours per week you will be eligible for:

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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.



Howard Drake RSVP volunteer at the Memory Café.



Barbara Wallace of AIDS Project Worcester demonstrates how to administer Narcan



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TRIPS: Flyers for all trips are at the Friends Travel Office or call **508-792-2948** to leave a message. **Travel office hours are Monday thru Thursdays 9:30 am-1 pm**

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

CASINO TRIPS: Price \$20. Must be paid when making reservation.

Foxwoods: Friday, December 8.
Depart 8:30 am, Return about 5 pm.

January and February Casino Trips - CANCELLED

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.**

DINE OUT will resume in the spring. SPECIAL THANKS to Pat Halloran who is stepping down as coordinator, Betty Daly to assume the upcoming dine outs.

Trips '17-'18

DAY TRIPS

Wednesday, December 6th - "Sleigh Bells Swing" Holiday Luncheon and Show at "The Danversport Yacht Club". \$82.00/pp.

Wednesday, February 28th - Newport Playhouse "Remember Me". Outstanding Buffet Lunch, Fabulous Show & Great Cabaret. \$94.00/pp. Due: 1/31/18

Tuesday, March 20th - Aqua Turf. Saint Patrick's Lunch & Show. \$89.00/pp. Due: 2/19/18

Monday, April 23rd - "The Kings and Queens of Country" at the Log Cabin. \$89.00/per person. \$94.00/pp. Due: 3/22/18

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

April 15 to 17, 2018 - Resorts Atlantic City Special. Tour Includes: \$60.00 Food Credit, \$25.00 Slot Play & A Resorts Show - All Tips Included 255.00/pp Dbl, \$251.00/pp Triple, \$335.00/pp Single.

June 21 to 23, 2018 - Penn Dutch Showstopper. "Sight & Sound Millennium Theatre, performance of "Jesus" 4 Meals, 2 Breakfast, 2 Dinner must see flyers for full information. Cost \$500.00pp/Dbl, \$490.00/triple, \$600.00/single. **DEPOSIT DUE 3/14/18**

NEW 2018

FOXWOOD CASINO TRIPS 2018 - Price \$20.00. Must be paid when making reservation. Fridays, March 9th, April 6th, May 4th, June 8th July 13th, Aug. 10th, Sept. 7th, October 5th, Nov. 2nd, Dec. 7th

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

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1	ETHEL GUSTAFSON	COMMERCE BANK/ROYAL 50'S CLUB
2	TRACEY KING	ANONYMOUS BOARD MEMBER
3	PAMELA SERETI	ANONYMOUS BOARD MEMBER
4	BETTY SIMONEAU	FOWSC/THURSDAY BINGO
5	DAVE WAMBACH	CAROL PARELLA, Board Secretary
6	STEPHEN WELCH	GODDARD/HOMESTEAD HOUSE
7	CONSTANCE MONTAGUE	KATE CAMPANALE, 17th Worc. District State Representative
8	DOROTHY KINKOPF	MIKE MOORE, 2nd Worcester District State Senator
9	PAULINE GLAMUZINA	GERARDO SCHIANO, Candidate for Worc. District 1 City Council
10	DAVID KNIGHT	GARY ROSEN, City Councilor "Beautiful" District 5
11	CHRISTINE FRISCH	COMMERCE BANK/ROYAL 50'S CLUB
12	TONY SERETI, JR	ANONYMOUS BOARD MEMBER
13	JUNE JUREY	STEPHEN P WELCH, Board Treasurer, Welch Opticians
14	BONNIE MACLEOD	STEPHANIE FATTMAN, Register of Probate
15	THIRZA JOOST	MATILDE CASTIEL, Commissioner of Worcester's Health & Human Services
16	LINDA HINES	JOSEPH PETTY, Mayor of Worcester
17	SHARRIN CANNING	COREEN GAFFNEY, Candidate for District 4
18	EILEEN LESSARD	FOWSC/TRIPS
19	ABISOLA AKARDE	COMMERCE/ROYAL 50'S CLUB
20	MARY LOUISE MOTTA	NICHOLAS DAVIAU, Board Vice President DAVIAU LAW OFFICES, PC
21	PAUL ADAMONIS	EDWARD M. AUGUSTUS JR., City Manager
22	PATRICIA GEORGE	DONNA COLORIO, School Committee
23	DELORES SCIAMACCO	GEORGE RUSSELL, District 3
24	DEANNA WHITE	COMMERCE/ROYAL 50'S CLUB
25	MARY BARRY	JOHN MONFREDO, School Committee JIM O'DAY, State Representative 14th Worcester District
26	ANGELA MIEKIEWICZ	MICHAEL GAFFNEY, Councilor at Large
27	SUSAN THOMAS	DIANE BIANCHERIA, School Committee
28	JOAN CUSSON	KATE TOOMEY, Councilor at Large
29	RONNA CUKE	MORRIS BERGMAN, Councilor at Large
30	STEPHEN EKSTROM	DANIEL M. DONAHUE, Board Member Representative 16th Worcester District



Colony Retirement Homes III

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- A variety of activities
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- Your small pet is welcome



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(508) 852-5285



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THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 7, NO. 12, DECEMBER 2017

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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Game fish
- Gr. Mars
- Sheep's cry
- Voucher
- Jaguarundi's color phase
- Compass direction
- Otary (2 words)
- Girl Scouts of America (abbr.)
- Handwriting on the wall
- Broad structural basin
- Old Gr. coin
- Baptism font
- Political action committee (abbr.)
- Dayak people
- Cost-of-living adjustment (abbr.)
- Guido's note (2 words)
- River of Rome
- "___ Abner"
- Needle case
- Irish nobleman
- To (Scot.)
- Cubic decimeter
- Moselle tributary
- "Dies ___"
- Stall
- Chief executive officer (abbr.)
- Ramadan (2 words)
- Pointed (pref.)
- Detonator
- Yemen capital
- Public vehicle
- Executive (abbr.)
- Trolley

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- Father
- Office worker's skill
- Bronze Roman money
- Cereal grain or grass
- Part of QED
- Amer. shrub
- Electric unit
- Able-bodied seaman (abbr.)
- Literary collection
- Account entry
- Resin
- Fetish
- Eucharist spoon
- Lamb
- Death rattle
- External covering
- High (pref.)
- Wary
- Tiber tributary
- Arena
- Comparative ending
- Triangular topsail
- Perch
- Water (Fr.)
- Growl
- Old heating apparatus
- Civil Aeronautics Board (abbr.)
- Five-franc piece
- Compass direction
- Detective
- Brother of Shem

1	2	3	4	5	6	7	8	9	10	11	
12				13					14		
15				16					17		
18						19		20			
21				22	23		24			25	26
27	28	29		30			31		32		
33				34				35		36	
37				38			39			40	
41				42			43		44		
45				46			47		48	49	
50	51			52			53	54			55
56				57					58		
59				60					61		

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