

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 1, JANUARY 2020



WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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

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
- Complete medication management
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- Daily therapeutic bath/shower
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- Your loved one can stay even if your money runs out!

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- Engage the mind, strengthen the body and brighten the spirit
- 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

**ENVISION A HEALTHIER YOU IN 2020!
A NEW YEAR FOR THE
WSC DISTINGUISHED SPEAKER SERIES**
Wed. Jan. 15 • 10-11:30 am
Snow date: Wed. Jan 22

**SAMMY DAVIS, JR.:
I'VE GOTTA BE ME**
Fri. Jan. 17 • 1-2:30 pm
Snow date: Friday, January 24th

**CHAT WITH LOCAL AUTHOR
MARIE LECLAIRE**
Thurs. Jan. 23 • 10-11 am
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WORCESTER: PARKS, PONDS,
AND PLACES TO ENJOY"**
Wed. Jan. 29 • 10:30-11:30 am
Snow date: Thurs. Jan. 30th



Assabet Valley H.S. ROTC student & instructor, Tracy Linch help a Worcester senior with leaf raking



Diane Parker holds arrangement made in Herbert Berg's flower arranging class

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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articles and information that matters!**

Worcester
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Yearly



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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:

Director	Amy Vogel Waters
Senior Center Operations Director/Editor	Patricia Hainsworth
Fiscal, Contract & Data Assistant	Janet Bresnahan
Senior Center Program Coordinator	Suki Lapin
Senior Services & Education Manager	Linda Wincek-Moore
Senior Services Program Assistant	Lindita Taka
Multi-cultural & Senior Services Coordinator	Yung Phan
Administrative Assistant	Jenny Linch
Principal Clerk	Dawn Skoglund
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

PREMIER RETIREMENT COMMUNITIES
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.

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Jan. 8 • 1-2 & 2-3 pm
 Make and take home a **Beat the Winter Weather Blues arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN

**Thursday, Jan. 9
 1:30 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.



OIL PAINTING WITH DARRELL CROW

Thursday, Jan. 9 • 10-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **Last Light of the Day**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



FREE DROP IN COLORING FUN
Friday, Jan. 10 • 10-11:30 am
 2nd Friday of the month. Relaxing & fun!

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS
Monday, Jan.13 • 10-11:30 am
Project: Lavender on Glass.
 \$3.00. Makes a great holiday gift. Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING NEW DAY & TIME
Wednesday, Jan. 8 • 12-1 pm

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

WOOD BURNING ART CLASS

Thursday, Jan. 2 & 16 • 12:30-1:30 pm
 Learn how to wood burn with Dung Nguyen \$3.00 class fee. Tool & supplies included. Class size limited. Call 508-799-1232 to sign up.

BOOK DISCUSSION

Thursday, January 16 • 1-2 pm
*We are reading **The Chelsea Girls** by Fiona Davis.* The bright lights of the theater district, the glamour and danger of 1950s New York, and the wild scene at the iconic Chelsea Hotel come together in a dazzling new novel about the twenty-year friendship that will irrevocably change two women's lives. In February, we are reading ***The Secrets We Kept** by Lara Prescott.*

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Jan. 28 • 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.

COMING IN FEBRUARY

- Black History Month Program

DONATION REQUEST

The Happy Quilters are interested in any material and unfinished quilts to finish. Please call 508-799-1232 for any questions.



NEW MEMBERS WELCOME!!
Wednesdays, 12:30-2 pm
Resumes in March.

DOMINO CLUB

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



THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET:

TUESDAYS, 9-11 AM
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!



ENVISION A HEALTHIER YOU IN 2020!
A NEW YEAR FOR THE WSC DISTINGUISHED
SPEAKER SERIES
Wed. Jan. 15 • 10-11:30 am, Snow date: Wed. Jan 22

10-11:30 am:

WENDY MIDGLEY, NUTRITIONIST

The New Year can be a good time to focus on changes in our eating habits. Taking SMALL STEPS often works better than creating huge plans that may quickly fall away. I will discuss simple changes in food choices-- that can lead to improved health and vitality, as well as to feeling better in general. I will also provide Nutrition Tips for common health issues.



RHONDA HAMER, CERTIFIED PERSONAL TRAINER, SENIOR FITNESS SPECIALIST AND GROUP FITNESS INSTRUCTOR

Rhonda believes everyone can exercise in some way, now it's time to partake in her demonstrations. Prime Movement offers private and semi-private personal training, assisted stretching and series of classes to help keep adults over 50 fit for life.



JOE FISH, JOE FISH FITNESS

Joe's classes are specifically designed for older adults to help improve strength, balance and mobility; reducing the risk of falls and improving your quality of life. Classes are tailored to fit individual needs and are perfect for any fitness level - you can even participate sitting down!



ROBERT HARRINGTON, CCH INSTRUCTOR, MINDFUL MEDITATION

Take a little time out to gain some new understanding and insight. Learn to put the brakes on when your mind or body is not creating your best potential. See just how easy it is to make simple changes for improved health, happiness, peace, and joy. Let 2020 become the best vision of your future ever.

11:30 am:
NEW YEAR GREETINGS FROM CITY MANAGER
EDWARD M. AUGUSTUS JR.,

FOLLOWED BY:
COMMISSIONER OF HEALTH AND HUMAN SERVICES, DR. MATILDE CASTIEL, announces Grant for NEW MultiCultural Meal Program; a collaboration between ESWA Nutrition Program, QCC's, Hospitality, Recreation & Management program & the Worcester Senior Center. Sample new multicultural meals: Arabic, Chinese and Vegan/Vietnamese prepared by QCC.

11:45 am-12:30 pm:
ESWA Lunch sponsored by:
Please call 508-799-8070 for reservations.



12:30-1:30 pm:
Entertainment by East/West

A male/female duo from the Throwback To The 60s. They perform songs by Elvis, Johnny Rivers, Johnny Cash, the Beatles, Nancy Sinatra, and so many more.



Sponsored by:



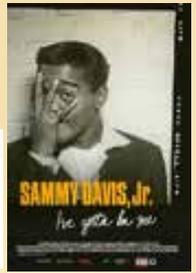
SAMMY DAVIS, JR.: I'VE GOTTA BE ME

Friday, January 17 • 1-3 pm

Snow date: Friday, January 24th

Director: Sam Pollard, USA, 2017, English

Genre: Documentary, 100 min.

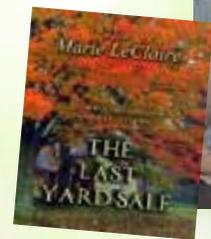


It's hard to imagine a more talented and groundbreaking performer who led a more complicated and contradictory life than Sammy Davis, Jr. Featuring excerpts from his exhilarating performances and star-studded interviews, director Sam Pollard's riveting documentary presents a very full and very human portrait of this complex, courageous and conflicted man. Opening Night and Audience Favorite, Boston Jewish Film Festival 2018.

CHAT WITH LOCAL AUTHOR
MARIE LECLAIRE

Thurs. Jan. 23 • 10-11 am

Snow date Fri. Jan. 24th



Meet Marie LeClaire, author of three five-star novels who started writing in her 50's. Learn about the books she's written, her process and how you can write the book that's in your heart to write. Marie will read a little, talk a little and answer all questions about writing, publishing, & self-publishing. Her books will be available for sale.



MASS AUDUBON "THE NATURE OF WORCESTER: PARKS, PONDS, AND PLACES TO ENJOY"

Wed. Jan. 29 • 10:30-11:30 am

Snow date: Thurs. Jan. 30th



Enjoy photos and stories about some of Worcester's many beautiful natural areas. Deb Cary, Director of Mass Audubon's Broad Meadow Brook Wildlife Sanctuary and Conservation Center will showcase the 435 acre sanctuary located right in the City as well as several other park and conservation areas open to the public. Call 508-799-1232 to register.



PODIATRY CLINIC

Tuesday, January 7 • 12:30-2 pm
 Appt. required. No walk-ins. Call 508-755-9573 beginning Jan. 2nd to make your appointment.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, January 10 • 9:15 am-3 pm
 Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk. Call 508-799-1232 to register.

FLU CLINIC

Wednesday, January 15 • 9-11 am
Insurance and Medicare Card required.

COMING IN FEB HEALTH

- **Respiratory Therapist Talk by St. Francis,** Wed. February 19th

MINDFUL MEDITATION

Monday, January 6, 13 & 27 • 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*. \$3.00 per class. **Call 508-799-1232 to register. Scholarships available.** Contact Patty Hainsworth @ 508-799-1232 ext. 48012 for more information.

JANUARY SAFETY TIP

Cold temperatures can lead to frostbite and hypothermia -- a condition where the body temperature dips too low. According to the CDC, more than half of hypothermia-related deaths were of people over the age of 65.

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

Mondays: Seated Strength 1:30-2:15 pm:
 Work towards strengthening muscles; without ever leaving the chair.

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

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



FREE ZUMBA GOLD EXERCISE

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



MEMORY CAFE

Tuesday, January 21 • 2-3:30 pm
 Are you caring for a loved one with Alzheimer's or some other type of dementia? Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease.



"TIME TO CARE" RESPITE DAY PROGRAM

Tuesdays, 10 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, January 21
9:30 - 10:30 am



ENOS DIABETIC SHOE CLINIC

Thursday, Jan. 9 • 10-12 pm

FREE WELCOME BACK

NANCY CIMATO
AEROBICS with NANCY
RETURNS TUESDAYS ONLY, 9-10 AM
 Starts Tuesday, January 7th

CHRISTOPHER HEIGHTS of Worcester
 AN ASSISTED LIVING COMMUNITY

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



- Financial options to help you
- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
- 3 chef prepared meals daily
- Laundry & Housekeeping
- A full social calendar



No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!

Call Marla O'Connor at 508-792-1456

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We offer comprehensive hearing care services including complete hearing evaluations, hearing loss rehabilitation, education and counseling.

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- Batteries & Accessories
- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs



Matthew Moreno, Au.D.
 Doctor of Audiology

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695 Main Street • Holden, MA 01520
 Phone: 508-829-5566 • Fax: 508-829-5575
www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

LEARN ABOUT PICKLEBALL WITH MARIE SULLIVAN USPA AMBASSADOR

Wednesday, January 29 • 12:30-1:30 pm

Snow date: Thurs. Jan. 30 • 12:30-1:30 pm

Pickleball is sweeping the country. It combines elements of tennis, badminton, and table tennis. Two or four players use solid paddles to hit a ball, similar to a wiffle ball, over a net on a badminton-sized court. A sport for all ages, Pickleball is simple to learn and lots of fun to play. Come and find out why seniors around the country are loving this new sport. And it's coming to Worcester!



50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

Your AGE really is your EDGE!!

Wednesday, January 8 & 22 • 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.



TAX PREPARATION with AARP

9 am-2:30 pm

Mondays, Wednesdays & Fridays • February 4th through April 5th

AN APPOINTMENT IS REQUIRED

To make an appointment:



Email: WorcesterSCTaxes@gmail.com include your **NAME & TELEPHONE NUMBER**, a AARP Tax representative will call you back to set up your appointment time or call **774-243-0497** and clearly state **YOUR NAME & TELEPHONE NUMBER** and a rep. will call you back to schedule an appointment.

Calls will **NOT** be accepted at the Senior Center reception desk.

NEW YEAR - NEW KNOWLEDGE - NEW YOU

Did you recently get a new laptop or a new tablet? You may have some questions about using it. Or you may need help using your existing "tech". Do you want simple answers to your questions? If so, you can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). Call 508-799-1232 and select extension 48008. Speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session. If there is no answer, please leave a message and your call will be returned as soon as possible.



GAMES/CRAFTS/MUSIC

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

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

Cribbage: daily at 10:00 am

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

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

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

LEARN SOMETHING NEW

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

Beginner ESL for Latino: Friday 10-10:30 am

Latino WSL: 10:30-11:30 am

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

GET FIT & HAVE FUN

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

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

Joe Fish Fitness: **CLASS FULL**

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

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

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

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

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

FREE LEGAL CONSULTATIONS

with **Atty. Michael Gorman**

Friday, Jan. 10 • 9:30-12:30 pm

FREE NOTARY & LEGAL CONSULTATIONS

with **Atty. Anthony J. Vigliotti**

Wednesday, Jan. 8 • 10 am-12 noon

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

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.

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BOBBY M'S DINER HOLIDAY HOURS & CLOSING

Bobby M's Diner will reopen for regular business on Monday, January 6th. Sorry for any inconvenience this may cause.

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)

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.

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 **Jan. 9:** Springroll Vermicelli (Bún chả giò/thịt nướng chay) Crispy n' Crunchy fried rolls made from carrot, taro, soy protein and wrapped in wheat paper. Served with Vermicelli, mint, lettuce, bean sprouts and sour soy sauce.

LGBTQ 60+ 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. 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.**



TRANSPORTATION

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

2 WRTA Routes Service the Worcester Senior Center:

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

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

Check the ESWA Nutrition program calendar on page 11 for menus and scheduled dates.

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

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

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

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

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

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

CHINESE ELDER PROGRAM
EVERY FRIDAY:
9 AM Exercise & Breakfast with tea
10 AM ESL class
11 AM Lunch
12:30 PM Chinese Mandarin class
 Contact Wei Shi 508-799-1232 ext. 48014
 shiw@Worcesterma.gov (Chinese)
 or Yung Phan 508-799-1232 ext. 48006
 PhanD@Worcesterma.gov (English)

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

VIETNAMESE ELDER PROGRAM
 Chương trình Cao niên Việt Nam sinh hoạt hàng tuần
 vào ngày thứ Năm, từ 9g sáng đến 12g30 gồm có:
 - Thẻ dực Dưỡng sinh hoặc Đi bộ
 - Thông dịch xem giấy tờ
 - Học tiếng Anh Căn bản
 - 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.

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TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 1/31/20.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>* Diabetic Friendly ** Higher Sodium Entree</p>	<p>MENUS SUBJECT TO CHANGE. Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.</p>	<p>New Year's Day 1 No Meal Served</p>	<p>BBQ Chicken 2 Mashed Potatoes Country Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Macaroni & Cheese 3 Stewed Tomatoes Green Beans Cinnamon Pears Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Lasagna & Meatballs 6 Broccoli Vanilla Pudding Dt = SF Vanilla Pudding Alternate: Latino Meal MEATBALLS w/SPANISH SAUCE SPANISH RICE</p>	<p>Chicken Fajitas 7 Spanish Rice Black Beans & Corn Sour Cream Pineapple Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Roast Pork w/Gravy 8 Cranberry Stuffing California Vegetables Cold Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>Beef w/Onions & Peppers 9 Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Fish w/ Parmesan 10 Cream Sauce Wild Rice Broccoli w/ Red Peppers Blondie/Diet=Small Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Beef Stew 13 Rice Corn Niblets Mandarin Oranges Corn Muffin Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Baked Potato w/ Chili & Cheese 14 Broccoli Sour Cream Chocolate Mousse NO ALT SERVED</p>	<p>Buttermilk Chicken 15 Red Bliss Potatoes Mixed Vegetables Peaches Alternate: Arabic Meal EGGPLANT TAPSI BADINJAN WHEAT FLATBREAD</p>	<p>Hot Dog on Bun 16 Baked Beans Coleslaw Fresh Fruit Mustard Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Shepard's Pie 17 Carrots Peas Cinnamon Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR CORNED BEEF</p>
<p>Martin Luther King Jr. Day 20 No Meal Served</p>	<p>Meatloaf w/ Gravy 21 Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Roast Turkey & Gravy 22 Mashed Sweet Potatoes Roasted Brussels Sprouts Cranberry Sauce Fruited Ambrosia Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Sloppy Joe 23 Potato Wedges Mixed Vegetables Strawberries & Whip. Topping on Biscuit Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Chicken Mornay 24 Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Alternate: Chinese Meal CHINESE MEATBALL (BEEF) ASIAN GARLIC NOODLES</p>
<p>Pork Rib-i-que 27 Mac 'n Cheese Green Beans Cold Baked Apples Sandwich Roll Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Swedish Meatballs 28 Mashed Potatoes Scandinavian Vegetables Lorna Doone Cookies Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Vegetable Cheese Bake 29 Herbed Potatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR CORNED BEEF</p>	<p>Chicken Cacciatore 30 Gemelli Pasta Broccoli Birthday Cake Diet = Half Piece Alternate: Vietnamese/Vegan VEGAN CHICKPEA RAGOUT COCONUT BANANA TAPIOCA PUDDING</p>	<p>Fish w/ Crumb Topping 31 Rice Pilaf Tuscany Style Vegetables Fresh Fruit Alternate: SOUP DU JOUR SLICED TURKEY</p>



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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		
						
NEW YEARS DAY CLOSED 						
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 11:45-12:30 LATINO LUNCH (Reservation Required) 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION	1:30-2:15 SEATED STRENGTH CLASS 1:30-3 LEARNING ITALIAN	6	9-10 NEW! AEROBICS 9-11 BP WITH DPH NURSE AMELIA 9-11 REC WINTER FARMER'S MARKET 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 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 11-11:45 Albanian Elder Group	11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 12:30-2 Podiatry Clinic- appt. only 2-3:30 Radio Show	7	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 LIBRARY OUTREACH 12-1 Vietnamese Dancing Class
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-1 Schedule Your AARP Tax Appt 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION	1:30-2:15 SEATED STRENGTH CLASS 1:30-3 LEARNING ITALIAN	13	9-10 NEW! AEROBICS 9-11 BP WITH DPH NURSE AMELIA 9-11 REC WINTER FARMER'S MARKET 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-11 Osteo Exercise/Maint. 10-11:30 LGBTQ+ 60+ CLUB 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group	11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 11:45-12:30 ARABIC LUNCH (Reservation Required) 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3:30 Radio Show	14	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 10-11:30 DISTINGUISHED SPEAKER SERIES 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1 Schedule Your AARP Tax Appt 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 EAST/WEST DUO 12:30-2:30 Crochet & Knit for Fun
MLK JR DAY CLOSED 		20	9-10 NEW! AEROBICS 9-11 BP WITH DPH NURSE AMELIA 9-11 REC WINTER FARMER'S MARKET 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-11 Osteo Exercise/Maint 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only	10-2 A TIME TO CARE 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint 11-12 SAIL EXERCISE 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	21	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 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 1-3 Pitch
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION 1:30-2:15 SEATED STRENGTH CLASS 1:30-3 LEARNING ITALIAN	4-6 Commission Meeting	27	9-10 NEW! AEROBICS 9-11 BP WITH DPH NURSE AMELIA 9-11 REC WINTER FARMER'S MARKET 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-11 Osteo Exercise/Maint 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10-12 RSVP- Letter Writing 11-11:45 Albanian Elder Group	11-12 Osteo Exercise/Maint 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3 LIBBY 2-3:30 Radio Show	28	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 THE NATURE OF WORCESTER 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 LEARN ABOUT PICKLEBALL 12:30-2:30 Crochet & Knit for Fun



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www.briarwoodretirement.com

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DAY	THURSDAY		FRIDAY					
	1	9-11:30 Thurs card pick up group 9-12 HAIRCUTS WITH TOM 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong	1-4 FRIENDS BINGO	2	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	3	1-3 Card Playing 1-3 FRIDAY FLICK- "NEW YEAR'S EVE" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS	
	8	12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING	9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 ENOS Shoe Clinic 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-12:30 Vietnamese Elder Group	11:30 -12:30 WPD COMMUNITY CONCERNS MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 FRIENDS BINGO	9	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL	10	10-12 Cribbage 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "PEANUT BUTTER FALCON" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
	15	1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong	1-4 FRIENDS BINGO	16	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-1 Schedule Your AARP Tax Appt 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint	17	12-1 Ballroom Dance 1-3 Card Playing 1-3 JCC MOVIE PRESENTATION "I'VE GOTTA BE ME" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
	22	1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	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 CHAT WITH AUTHOR 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group 1-3 Ping Pong	1-4 FRIENDS BINGO	23	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint	24	11:45-12:30 CHINESE LUNCH (Reservation Required) 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "WILD ROSE" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
	29	1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group 11:45-12:30 VIETNAMESE VEGETARIAN LUNCH (Reservation Required) 1-3 Ping Pong	1-4 FRIENDS BINGO	30	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	31	1-3 Card Playing 1-3 FRIDAY FLICK - "POMS" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS



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JOIN US FOR WINTER ENROLLMENT AT RSVP



Volunteers of Central MA! RSVP is right on the third floor of the Worcester Senior Center. RSVP partners with non-profit organizations all over Worcester County and we help you decide on the volunteer opportunity that is best for you!

We are so very excited to have added TWO NEW partner stations here at RSVP! Family Health Center of Worcester, Inc. and Kindred Hospice. Both organizations have many exciting volunteer opportunities. Please call Tiffany to find out more. RSVP would like to thank the wonderful people at the Worcester Senior Center for their generous donations of hats, gloves and mittens for men, woman and children. Because of all of you, and with the help of RSVP Volunteers, we were able to team up with the Sheriff's Department and distribute these warm accessories with winter coats to hundreds of people during the Sheriff's Annual Winter Coat Drive. Thank you for the wonderful and warm support. Happy Holidays!

Call Tiffany today to hear more about the many opportunities open this Fall at RSVP! 508-791-7787



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RSVP is sponsored locally by Family Services of Central MA

A NEW YEAR TO VOLUNTEER



Become the change you wish to make, do not fear, become a Senior Companion Volunteer!!

If you can volunteer from 5-40 hours per week you will be eligible for:

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- You can volunteer in the home or at a participating facility
- Most importantly there is an opportunity to give back to your community through the Love of your volunteer efforts!!



Please call Joy Rehfeld @ 508-791-7783

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

CITY OF WORCESTER PUBLIC NOTICE



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

Eligibility requirements:

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

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

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:
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FRIENDS TRAVEL



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SEATING POLICY: Assigned seating for all trips (except casinos).
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Be the **FIRST** to order your **NEW Worcester Senior Center Sweatshirt/Tee shirts!!!**

**BINGO every
THURSDAY 1-3:30 pm**

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

NEW Tues., February 17, 2020	MGM, Springfield, MA	\$20.00 Slot Play, \$10.00 Food Credit \$30.00/pp Includes driver gratuity
Sunday, March 15, 2020	<i>Little Bit of Ireland:</i> Reagle Players, Lunch at The Chateau	\$89.00/pp
Tuesday, April 14, 2020	Tom Jones & Englebert - <i>The Way It Used To Be</i> - Aqua Turf	\$99.00/pp
Friday, May 29, 2020	Boston Duck Tours/Luncheon @ The Venezia	\$102.00/pp

OVERNIGHT TRIPS: Deposit required at time of reservation as listed on flyer

Depart: Sunday, March 1, 2020 Return: Monday, March 2, 2020	Turning Stone Resort Casino	Meal vouchers plus your choice of Bonus Pkg Double \$227.00pp, Triple \$223.00/pp, Single \$307.00/pp Deposit due by 12/20/2019
Depart: Wednesday, June 17, 2020 Return: Friday, June 19, 2020	Penn Dutch Showstopper - Sound Theater "Queen Esther"	Double \$546.00/pp, Triple \$536.00/pp, Single \$656.00/pp, Child \$456.00/pp Deposit due by 3/10/20
NEW Depart: Sunday, August 30, 2020 Return: Monday, August 31, 2020	Saratoga Racing	Double \$347.00/pp, Triple \$337.00/pp, Single \$447.00/pp NEW Deposit due by 5/22/2020

FOXWOOD CASINO TRIPS: Price \$20.00 - Must be paid when making reservation

Fridays: March 6th, April 3rd, May 1st, June 5th, July 10th, August 7th



THE SENIOR SCOOP

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Taking You in New Directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 1, JANUARY 2020

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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Eight (pref.)
- Army service number (abbr.)
- Ass or donkey (Ger.)
- Rhine tributary
- Greek letter
- Fat (pref.)
- Roomy
- Computer chip
- Hat
- Feminine saint (Sp.)
- Genetic letters
- Via
- Midianite king
- Suit of mail
- Oboe
- Build a ceiling
- Hebrew letter
- Tree
- Spiral
- Shelf
- Association (abbr.)
- Arabic letter
- Reproductive

(pref.)

- Stick used in hurling
- Jap. volcanic crater
- Son of Samuel
- Ribbed fabric (abbr.)
- Biological
- Afr. worm
- Roll-call response
- Sayings (suf.)
- Et cetera (abbr.)
- Bazaar

DOWN

- Baking chamber
- Fine Cuban tobacco
- Trolley
- Atomic Energy Commission (abbr.)
- Bellowing
- Eschew

ANSWER TO PREVIOUS PUZZLE

FEAT	DIADO	SRI
EVER	EEOC	HOD
WATER	COCK	OCA
	PAINS	JOKE
FELLS		GAT
ADAD	MALES	SWAN
DEK	SALAT	ILA
OLEANDER		ADMI
	TBA	BLEAR
HURA	DATUM	
UDO	ARISTOTLE	
PAU	PUNA	NACL
ALT	EGER	DUDS

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		

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