

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 11, NOVEMBER 2017



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

**VETERANS DAY PROGRAM**

**Wednesday, November 8 • 10-11:30 am**

**SPEND YOUR DAY AT THE SENIOR CENTER**

**"KNOW YOUR CITY" SERIES**

**RICHARD FISKE, DIRECTOR OF EMERGENCY  
COMMUNICATIONS/911 &  
EMERGENCY MANAGEMENT**

**Wednesday, November 15 • 10:30-11:30 am  
Lunch 11:45-12:30 pm**

**SPONSORED BY LUTHERAN**

**ENTERTAINMENT BY THE SEVEN HILLS FOUR  
12:30-1:30 pm**

**THANKSGIVING CELEBRATION**

**Tuesday, November 21**

**CRAFT FAIR 10 am-2 pm**

**SPONSORED LUNCH 11:45 am-12:30 pm**

**ENTERTAINMENT BY QUADRIVIUM 12:30-1:30 pm**

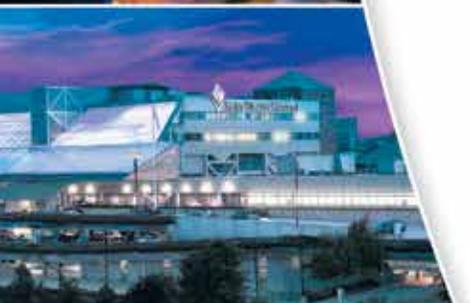
**SHERIFF'S SENIOR HOLIDAY**

**CELEBRATION & EDUCATION SYMPOSIUM**

**Wednesday, November 1 • 10 am-2 pm**

**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](http://stvincenthospital.com)

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

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

## WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: 508-799-1232

FAX: 508-799-1743

WEBSITE: [www.worcesterma.gov/ocm/elder-affairs](http://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.

Health & Human Services Dr. Matilde Castiel, Commissioner

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## CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



**BRIARWOOD**  
Continuing Care Retirement Community

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

[www.briarwoodretirement.com](http://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
- Joint Commission Accreditation
- State-of-the-art pharmacy system

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

[www.knollwoodnursingcenter.com](http://www.knollwoodnursingcenter.com)

**Knollwood**  
**Nursing Center**  
YOUR PARTNERS IN CARE

**CRIBBAGE TOURNAMENT**

**Tuesday, Nov. 6 • 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**

**Mon., November 13, 20 & 27 • 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, November 3 & 17 • 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, November 13 • 10-11:30 am**  
**Project: Holiday Centerpiece & Table Runner.**  
 \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



**CLIMATE CHANGE**

**Tuesday, Nov. 14 • 12:30-1:30 pm**  
 Elders Climate Action Massachusetts will be back to continue our lively discussion on "What Can One Person Do About Climate Change?" a follow up from the August 16th session. We will continue to explore climate change issues and what we can do to cope with them. "Preserving a Livable Planet for Our Grandchildren and All Life" is our stated objective. Learn more about what each one of us can easily do right NOW in our own lives, and take action. Sign up by calling 508-799-1232.

**COFFEE CLUB WITH LISA CASILLO FINANCIAL ADVISOR/EDWARD JONES**

**Wednesday, November 15 • 10:30-11:30 am**  
 Learn about the market with a free cup of coffee & donuts. Discuss current updates on the market and the economy. Call 508-799-1232 to register.

**DID YOU KNOW THAT PING PONG...**

Improves hand-eye coordination, stimulates mental alertness, concentration and tactical strategy. It also improves reflexes, is easy on the joints, burns calories, offers a social outlet, keeps your brain sharp and improves coordination. Just a few reasons to play. **Join us Thursdays 1-3 pm.**



**HERBERT E. BERG FLOWER ARRANGING**

**Tuesday, Nov. 14 • 1-2 & 2-3 pm**  
 Make and take home a Thanksgiving Bouquet. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

**NEW** Herbert E. Berg is also offering a **SILK WREATH flower arranging class, Wed., Nov. 8 • 1-2 pm** your choice of silk flowers provided to create a wreath. All materials included. If possible bring wire cutters. Fee: \$25.00.

**NEW NEIGHBORHOOD CRIME WATCH MEETING WITH WPD**

**Monday, November 27 • 12:30-1:30 pm**  
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns.

**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.



**PETS & PEOPLE**

**Wednesdays, 10-10:30 am**  
 Meet Cameron the therapy dog & his owners Lorraine & Joe Monfette.



**BOOK DISCUSSION**

**Thursday, November 16 • 1-2 pm**  
 New members are always welcome! We are reading **Radio Girls** by Sarah-Jane Stratford, a fascinating, historically accurate tale of the brilliance of radio, it's ability to influence public opinion- for better worse- and the women behind it all. In Dec. we are reading **Sick Puppy** by Carl Hiassen

**LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**

**Tuesday, November 28 • 2-3 pm**

**THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET**  
**Tuesdays • 9-10:30 am**

**COMING IN DECEMBER**

- **Holiday Decorating, Wed. December 6th**
- **WSC Holiday Party with Entertainment by Salisbury Singers, Wed. December 13th, snow date: Wed. December 20th**
- **Wear Your Favorite Holiday Sweater Party, Thurs. December 21st**

**WE'VE GOT TO HAVE FRIENDS!**

Thank you Friends of Worcester's Senior Center, for bringing us the Fred Astaire Ballroom Dancers and so much more!

**MEMORY CAFE**

**Tuesday, Nov. 21 • 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.



**SPECIAL EVENT MANHATTAN SHORT FILM FESTIVAL**

Join Harry Albert of Preservation Worcester  
**November 17 • 1-3 pm**  
 to view the work of **10 finalists** from the Manhattan Short Film International Finalists. Worcester is part of the 20th Manhattan Short film festival along with 250 other countries. Films included:



- "Do Not Harm", Director, Rosanne Liang, New Zealand,
- "Behind" Director, Angel Gomez Hernandez, Spain,
- "Fickle Bickle", Director Stephen Ward, USA,
- "Hope Dies Last" Director, Ben Price, United Kingdom,
- "Perfect Day", Director, Ignacio Redondo, Spain,
- "Just Go!" Director, Pavel Gumennikov, Latvia,
- "Mare Nostrum" Director, Rana Kazkaz and Anas Khalaf, Syria, "Viola, Franca", Director, Marta Savina, Italy,
- "In A Nutshell", Director, Fabio Friedi, Switzerland,
- "8 Minutes", Director, Gega Khmaladze, Georgia.

**SPEND YOUR DAY AT THE SENIOR CENTER...**

**"KNOW YOUR CITY" WITH RICHARD FISKE, Director of Emergency Communications/911 & Emergency Management**



**(KNOW) YOUR CITY**

**Wednesday, November 15 10:30-11:30 am**



Richard Fiske will present and discuss how the City 911 dispatch center works as part of the city's public safety team, and about the Emergency Management Division and the Emergency Operations Center here in the city as part of the departments ongoing efforts in emergency planning, response, and recovery from different hazards and incidents. Call 508-799-1232 to register.

Lunch sponsored by Lutheran Rehabilitation & Skilled Care Center Please call 508-799-8070 to reserve your meal!



**Stay on after lunch for entertainment by...**

**SEVEN HILLS FOUR**

**Wednesday, November 15 • 12:30-1:30 pm**

The Seven Hills Four is the newest of Barbershop Quartets of the Worcester Men of Song Representing over 140 years of

singing experience, they have an easy, blended A Capella sound. Their style will take you back to "days gone by"...

**JOIN US FOR THE SHERIFF'S SENIOR HOLIDAY CELEBRATION & EDUCATION SYMPOSIUM**

**Wednesday, November 1 • 10 am-2 pm**

**FREE EVENT AND LUNCH!**

To register for seating and lunch please contact: [dostiguy@worcestercountysheriff.org](mailto:dostiguy@worcestercountysheriff.org)



**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



**Thanksgiving Celebration**

**Tuesday, November 21 • 10-2 pm**

**Craft Fair 10-2 pm**

Support our Senior Center Crafters. Start your holiday shopping early.

**THANKSGIVING LUNCH**

Mayor's sponsored Lunch • 11:45 am-12:30 pm Sign up for lunch by calling ESWA 508-799-8070. Reserve early, limited seating.

**KICK OFF THE HOLIDAY SEASON WITH ENTERTAINMENT BY QUADRIVUM**

12:30-1:30 pm

Event sponsored by:



**VETERANS DAY PROGRAM**

**Wed., November 8 • 10-11:30 am**

Special Guests: Edward O'Connor Director Veterans Affairs City of Worcester, Dr. John E. McAuliffe, DDS Ret President of Chapter XXII VBOB, 87th Infantry Division of WWII, Philip Madaio, Decorated Vietnam Combat Veteran, Silver Star, Bronze Star, Purple Heart; Betty Benoit, Life Associate Member of the Military Order of the Purple Heart, and ROTC/JROTC Coordinator.



Local author, historian (and Meals on Wheels volunteer) John Hamilton, will present Letters Home a story of war, but also the story of a love that persevered during years of separation, the possibility of death, the uncertainty of missing-in-action status, and almost impossible odds. This multimedia presentation will include a slide show, photos, letters, and WWII memorabilia. Please sign up for this program by calling 508-799-1232.



**DIABETES SUPPORT GROUP**

**Wednesday, November 1 • 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, November 3 • 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.

**CLEARCAPTIONS**

**Monday, November 6 • 10:30-11:30 am**  
ClearCaptions is a federally certified provider of captioned telephones, available at no cost, for individuals with hearing loss. Please join your local ClearCaptions Title IV ADA Specialist to discuss how you can receive a FREE caption phone if you struggle with any form of hearing loss. Please register by calling 508-799-1232.



**TAI CHI FOR HEALTHY AGING REUNION POTLUCK PARTY**

**Friday, November 17 • 2:30-4 pm**  
Past and current Tai Chi for Healthy Aging participants and instructors are invited to this last session of Module 3 to review all 8 forms of Tai Chi FHA and to celebrate our healthy journey together. Bring your favorite dish, experience and ideas to help the group continue moving further. Contact Yung Phan 508-799-8067 or phand@worcesterma.gov to sign up or further information.

**WORCESTER STATE UNIVERSITY BLOOD PRESSURE CLINIC**

**Friday, November 3 & 17 • 9:30 am-12 pm**

**QCC NURSING STUDENTS ORAL HISTORY PROJECT**

**Tuesday, November 14 • 10 am-12 pm**  
**Thursday, November 16 • 10 am-12 pm**  
QCC Nursing students are interested to hear you tell YOUR story! Please sign up at 508-799-1232 to be interviewed.

**NOVEMBER SAFETY TIP**

To help with stress, stop to take a few deep, cleansing breaths which can reduce your level of negative stress in a matter of minutes.

**HEALTHY LIVING SUPPORT GROUP**

**Monday, November 6 • 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.

Perfectly Balanced Life is proud to present *The Power of Gratitude Workshop*



The workshop is designed to help us experience, and understand gratitude as a tool to help improve our wellbeing. The workshop will conclude with a brief relaxation exercise facilitated by our certified massage therapists.

**Date:** Wednesday, November 29th  
**Time:** 10 am - 12 pm.  
**Please call 508-799-1232 to register**

*The workshop is sponsor by the generosity of*



Please join us for an **Open House**  
**Friday, November 17 • 9-10 am**

Come learn about the **VIBRANT Assistive Technology Center**  
Assistive technology paves the path to freedom and independence for many persons with disabilities, and we are committed to helping those with vision loss find innovative ways to access daily life.

Massachusetts Association for the Blind and Visually Impaired  
**RSVP to 617-732-0279** or send an email to: **advancement@mabcommunity.org**



**VILLAGE AT ASCENSION HEIGHTS**

**Good Neighbors - Quality Lifestyle**

- ◆ Spacious 1 bedroom Apartments
- ◆ Non-Smoking Building
- ◆ Central Air-Conditioned
- ◆ All Utilities Included
- ◆ Ample Parking
- ◆ Laundry Rooms on each floor
- ◆ Library & Community Rooms with Large Screen TV
- ◆ 24 hour Emergency Maintenance
- ◆ Conveniently located near Hospitals, Shopping Centers & Downtown Worcester
- ◆ Small Pets Welcome

Available occupancy to income eligible adults age 62 and older. Applicants must also meet HUD annual low income guidelines.



**42 Vernon Street, Worcester, MA 01610 | Phone: 508-752-5590**

**Office Hours: Monday & Friday 2p.m. - 5p.m. | Tuesday, Wednesday & Thursday 10a.m. - 3p.m.**

**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



**COMPUTER LESSONS**

If you have questions about using a computer, or a tablet, there is no need to stay confused. You can get a simple (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.

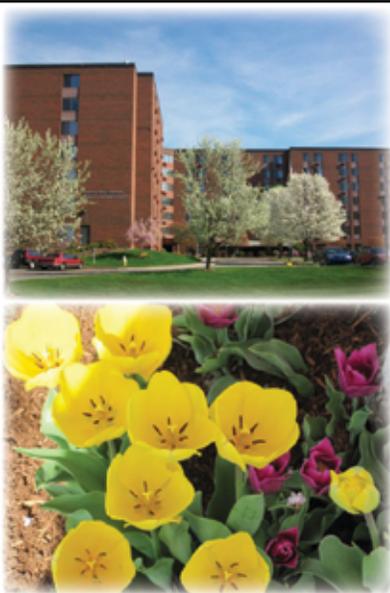


**"HELPING CAREGIVERS STAY CONNECTED THROUGH DIGITAL TECHNOLOGY, SOCIAL MEDIA AND APPS." Thursday, November 2nd**

Are you caring for someone with Alzheimer's or a related dementia? Please join us for an evening of information that will focus on ways to support the caregiver through the use of technology. Also, learn about special funding availability for assistive technology specific to dementia. **Registration: 4:30 p.m. • Light Dinner: 5:00 p.m. • Program: 5:30 p.m.** **This Program is FREE.** Financial assistance available for respite. Registration is required. Limited seating. Contact Deb Dowd-Foley at Elder Services of Worcester Area, Inc. @ 508-756-1545 or ddfoley@eswa.org

**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, Nov 2nd, 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, 12-3 pm**.

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.



## CAREGIVER SUPPORT GROUP WITH ST. FRANCIS REHAB AND NURSING CENTER

**Thurs. Nov 16 • 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.



## SHINE

### Serving the Health Information Needs of Elders -

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

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say **2**. You may also apply on line by going to [www.prescriptionadvantagemma.org](http://www.prescriptionadvantagemma.org).

### NEWS FROM SHINE

**The Medicare Open Enrollment ends on December 7th**

**Don't Wait Until It's Too Late!**

**Open Enrollment Appointments are ongoing**

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings. **REMEMBER!! YOU NEED TO BE SURE THAT YOU'RE PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLAN'S NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.**

Assistance is available from the SHINE program. Call your Senior Center and ask for a SHINE appointment. Trained SHINE volunteers offer free, confidential counseling on all aspects of health insurance to anyone on Medicare. 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](http://www.shinema.org).**

## 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.



## 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 **November 9th: Vermicelli with Crunchy Shreds (Bún bi Chay) (Crunchy shredded roots and tofu served with vermicelli, cucumber, tomato, lettuce & hot and sour sauce).**

## 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.



**LATINO CLUB 60+****Mondays & Fridays**  
**9:30-11:30 am**

Contact Lindita Taka, senior services program assistant at 508-799-8030 for more information about the program.

**EL CLUB LATINO 60+****Los lunes y Viernes**

Para más información, puede comunicarse con Lindita Taka, la asistente de los servicios y programas a 508-799-8030.

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

**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.

**LỜI TẠ ƠN 2017****Lời Tạ Ơn của bác Càn Hoàng**

Tôi tạ ơn Ông Trời Bà Đất cho con người ánh nắng và vật chất cho con người được sống khỏe mạnh. Tôi tạ ơn các vị tiền nhân nhiều đời đã tìm ra mảnh đất từ hoang vu ngày nay giàu có và thịnh vượng. Tôi tạ ơn đất nước Mỹ nhân đạo đã cứu giúp biết bao nhiêu người đến và nuôi dưỡng cho cuộc sống ấm no. Tôi tạ ơn bác sỹ đã cứu biết bao cơn bệnh nguy hiểm, mang lại cuộc sống khỏe mạnh cho mọi người. Tôi tạ ơn Cha Mẹ đã sinh ra tôi để làm người trong thời đại cơm no áo ấm cuộc sống sung sướng. Tôi tạ ơn người chồng hiền lành dũng cảm đã lái con thuyền bằng buồm vải vượt qua bao sóng gió mang đàn con nhỏ đến được đất nước Hoa Kỳ nhân đạo đã nuôi dưỡng cho ăn học thành tài và xứng đáng làm người công dân nước Mỹ vĩ đại.

**Lời Tạ Ơn của bác Chiến Ngô**

Nhờ ơn nước Mỹ tôi có thể đến đây để sống cuộc đời hạnh phúc. Nước Mỹ đã cho tôi tất cả mọi thứ mà tôi cần. Tôi vô cùng tri ân nước Mỹ và cảm tạ vì được chăm lo đầy đủ.

**Lời Cảm tạ của Trung tâm Cao niên**

Cảm tạ vì đã cho chúng tôi cơ hội phục vụ quý vị. Cảm tạ vì đã tin tưởng và trung thành với Trung tâm Cao niên Worcester. Cảm tạ vì đã góp phần làm cho Trung tâm Cao niên đa dạng hơn, đông đúc hơn, mạnh mẽ hơn. Cảm tạ vì đã làm người công dân tốt, người cao niên tốt và làm thành viên tốt. Cảm tạ vì tinh thần học hỏi không ngừng, lòng hào phóng và tình hiếu khách của quý vị. Chúc quý vị Cao niên Việt nam và gia quyến một mùa Lễ Tạ Ơn thật ý nghĩa và ấm cúng!

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



Ice Cream Social



Students from WPI Volunteer



Deputy Chief Dyer remembering the late, Frank Kolaczyk, former deputy chief with his daughter, Karen.



"Know Your City" series with the Worcester Fire Department



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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 11/30/17.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENUS SUBJECT TO CHANGE.</b>                      * <b>Diabetic Friendly</b>                      ** <b>Higher Sodium Entree</b></p> <p>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.</p>		<p><b>Ginger Pork</b> 1                      Vegetable Fried Rice                      Broccoli                      Baked Apples  <b>Alternate:</b>                      SOUP DU JOUR                      SLICED HAM</p>	<p><b>Spaghetti &amp; Meatballs</b> 2                      Green Beans                      Vanilla Pudding                      Diet=SF Pudding  <b>Alternate:</b>                      SOUP DU JOUR                      SLICED TURKEY</p>	<p><b>BBQ Chicken</b> 3                      Mashed Potatoes                      Country Blend Vegetables                      Peaches  <b>Alternate:</b>                      SOUP DU JOUR                      N.Y. PASTRAMI</p>
<p><b>MACARONI &amp; CHEESE</b> 6                      Stewed Tomatoes                      Green Beans                      Mixed Fruit  <b>Alternate:</b>                      SOUP DU JOUR                      CHICKEN SALAD</p>	<p><b>Greek Chicken</b> 7                      Steamed White Rice                      Broccoli                      Chocolate Pudding                      SF Chocolate Pudding  <b>Alternate:</b>                      SOUP DU JOUR                      HAM SALAD</p>	<p><b>Meatloaf &amp; Gravy</b> 8                      Garlic Mashed Potatoes                      Carrots                      Strawberries w/Topping  <b>Alternate:</b>                      SOUP DU JOUR                      SLICED ROAST BEEF</p>	<p><b>Chicken Pot Pie</b> 9                      Steamed Potatoes                      Corn                      Fresh Fruit                      Biscuit  <b>Alternate:</b>                      SOUP DU JOUR                      TURKEY SALAD</p>	<p><b>Veteran's Day</b> 10  <b>No Meals Served</b></p>
<p><b>Beef Stew</b> 13                      Rice                      Corn Niblets                      Pineapple  <b>Alternate:</b>                      SOUP DU JOUR                      ALBACORE TUNA SALAD</p>	<p><b>Vegetable Cheese Bake</b> 14                      Roman Vegetables                      Baked Cinnamon Pears                      Salad-Congregate  <b>Alternate:</b>                      SOUP DU JOUR                      CHICKEN FILET w/ RANCH</p>	<p><b>Chicken Milano</b> 15                      Yukon Gold Potatoes                      Beets                      Fruited Ambrosia</p>	<p><b>Fish Victor</b> 16                      Sour Cream &amp; Chive Potatoes                      Broccoli                      Cookie  <b>Alternate:</b>                      SOUP DU JOUR                      CAESAR CHICKEN SALAD</p>	<p><b>Salisbury Steak &amp; Gravy</b> 17                      Mashed Potatoes                      Peas &amp; Carrots                      Fresh Fruit  <b>Alternate:</b>                      SOUP DU JOUR                      CORNED BEEF</p>
<p><b>Chicken Sausage</b> 20                      Jambalaya                      Rice Pilaf                      Green Peas                      Pineapple  <b>Alternate:</b>                      SOUP DU JOUR                      EGG SALAD</p>	<p><b>Roast Turkey with Gravy</b> 21                      Mashed Potatoes                      Butternut Squash                      Stuffing                      Cranberry Sauce                      Vanilla Mousse</p>	<p><b>Meatballs w/ Onion Gravy</b> 22                      Bowtie Pasta                      Scandinavian Vegetables                      Fresh Fruit  <b>Alternate:</b>                      SOUP DU JOUR                      N.Y. PASTRAMI</p>	<p><b>Thanksgiving</b> 23  <b>No Meals Served</b></p>	<p><b>Fish w/Crumb Topping</b> 24                      Rice Pilaf                      Brussels Sprouts                      Pear Streusel Cake                      Diet=Small Piece  <b>Alternate:</b>                      SOUP DU JOUR                      SLICED ROAST BEEF</p>
<p><b>Roast Pork w/ Gravy</b> 27                      Mashed Sweet Potatoes                      Brussels Sprouts                      Applesauce                      Muffin  <b>Alternate:</b>                      SOUP DU JOUR                      CHICKEN SALAD</p>	<p><b>Chicken Fajitas</b> 28                      Spanish Rice                      Black Beans &amp; Corn                      Sour Cream                      Pita Bread                      Pineapple  <b>Alternate:</b>                      SOUP DU JOUR                      ALBACORE TUNA SALAD</p>	<p><b>Cold Roast Beef S/W</b> 29                      Potato Salad                      Beet Salad                      Wheat Roll                      Fresh Fruit  <b>Alternate:</b>                      SOUP DU JOUR                      CORNED BEEF</p>	<p><b>Salmon Boat/Dill Sauce</b> 30                      Garlic Mashed Potatoes                      Peas &amp; Pearl Onions                      Birthday Cake                      Diet=Plain Cake  <b>Alternate:</b>                      SOUP DU JOUR                      EGG SALAD</p>	

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MONDAY

TUESDAY

WEDNESDAY

November

<p>9-11:30 CRIBBAGE TOURNAMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 BP Clinic by Homecare Solutions 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10:30-11:30 CLEAR CAPTIONS 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 2:30-3:30 TAI CHI FHA</p> <p>6</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9-2 SHERIFF'S SYMPOSIUM 9:30-10:30 DIABETES SUPPORT GROUP 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>
<p>TRIP:KITTERY OUTLETS 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11 BP Clinic by Overlook VNA 10-11:30 CRAFT CLASS WITH LAUREL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish</p>	<p>2:30-3:30 TAI CHI FHA</p> <p>13</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 10:30-11:30 KNOW YOUR CITY SERIES 10:30-12:30 Open Bridge 11-12 CONVERSATIONAL ENGLISH CLUB 11:30-12 Gordon Creamer Organ Player 12-1 VIETNAMESE DANCE CLASS 12:30-1:30 BARBERSHOP QUARTET</p>
<p>9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish 1-3 HAPPY QUILTERS 2:30-3:30 TAI CHI FHA</p>	<p>9-10 Aerobics 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10-12 QCC ORAL HISTORY 11-12 Osteo Exercise/Maint. 12:30-2 CLIMATE CHANGE 12:30-2 Sewing Class 1-2 FLOWER ARRANGING 1-2 Osteo Nutrition/Beginner</p> <p>20</p>	<p>12:30-2 Sewing Class 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show</p> <p>21</p>
<p>9-10 SENATOR MOORE OFFICE HOURS 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>12:30-1:30 WPD NEIGHBORHOOD WATCH MEETING 2:30-3:30 TAI CHI FHA 4-6 Commission Meeting</p> <p>27</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 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>
<p>9-10 Aerobics 9-12 SHINE Counselor - Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-11:30 RSVP LETTER WRITING 11-12 Osteo Exercise/Maint. 12:30-2 Sewing Class 12:30-2:30 PODIATRY CLINIC 2-3 LIBBY 2-3:30 Radio Show</p>	<p>9-10 Aerobics 9-12 SHINE Counselor - Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-11:30 RSVP LETTER WRITING 11-12 Osteo Exercise/Maint. 12:30-2 Sewing Class 12:30-2:30 PODIATRY CLINIC 2-3 LIBBY 2-3:30 Radio Show</p> <p>28</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 10-11:30 WELLNESS DAY WITH TUFTS 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			
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	<b>1</b>	9-10 Aerobics <b>9-11:30 LEGAL COUNSELING- by Appt only</b> 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 9:30-11 BP Clinic by Walgreens 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 <b>5-7:30 CAREGIVER TECHNOLOGY PROGRAM</b>	<b>2</b>	<b>TRIP-FOXWOODS</b> 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy <b>9:30-2:30 WSU ASK A NURSE &amp; BP CLINIC</b> <b>9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only</b> 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint <b>10-11:30 ADULT COLORING</b> 10-11:30 Chinese ESL 10-12 Cribbage	<b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/ Beginner 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing <b>1-3 FRIDAY FLICK -"WAKEFIELD"</b> 1-3:30 Watercolor/Mixed Media <b>2:30-3:30 TAI CHI FHA</b>	<b>3</b>
12:30-2:30 Crochet & Knit for Fun <b>1-2 FLOWER ARRANGING-SILK WREATH</b> 1-3 Pitch 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	<b>8</b>	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 <b>10-2:30 OIL PAINTING-CANCELLED</b>	10:30-11:30 PEERS Bhutanese Group 10:30-11:30 Vietnamese Elder Group <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> 1-3 Ping Pong 1-4 Friends BINGO	<b>9</b>	<b>CLOSED - VETERAN'S DAY</b>		<b>10</b>
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	<b>15</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11:30 CAREGIVER SUPPORT GROUP</b> 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 <b>10-12 QCC ORAL HISTORY</b> 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10:30-11:30 Vietnamese Elder Group <b>1-2 BOOK DISCUSSION CLUB</b> 1-3 Ping Pong 1-4 Friends BINGO	<b>16</b>	9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy <b>9-10 VIBRANT PROGRAM CELEBRATION</b> <b>9-12 MAB COMMUNITY SERVICES LOW VISION SUPPORT GROUP</b> <b>9:30-1:30 WSU ASK A NURSE &amp; BP CLINIC</b> 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint <b>10-11:30 ADULT COLORING</b> 10-11:30 Chinese ESL	10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/ Beginner 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing <b>1-3 FRIDAY FLICK-"MANHATTAN SHORT FILM FINALISTS"</b> 1-3:30 Watercolor/Mixed Media <b>2:30-3:30 TAI CHI FHA</b>	<b>17</b>
1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan	<b>22</b>	<b>CLOSED - THANKSGIVING</b>		<b>23</b>	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 <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance- <b>CANCELLED</b> 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin	1-3 Card Playing <b>1-3 FRIDAY FLICK-"EVERYBODY LOVES SOMEBODY"</b> 1-3:30 Watercolor/Mixed Media <b>2:30-3:30 TAI CHI FHA</b>	<b>24</b>
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	<b>29</b>	9-10 Aerobics 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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	<b>30</b>			





**BEAUMONT**  
REHABILITATION AND  
SKILLED NURSING CENTERS





378 Plantation Street Worcester, MA 01605 • 508-755-7300

[www.SALMONHEALTH.COM](http://www.SALMONHEALTH.COM)



***"As you grow older you will discover that you have two hands.***

***One for helping yourself, the other for helping others"....***

Audrey Hepburn

Do your hands send patients to the right office in local hospitals? Do you hand deliver books to Mom's and their newborns? Did you plant or wash produce at a local farm, destined for the Worcester County Food Bank? Did your hands drive the car that delivered food to a local food pantry? Are you one of RSVP's volunteers who handout magnets with the free Senior Fraud HelpLine phone number, providing peer to peer compassionate listening and information to fellow seniors?

If you're ready to help others, call Kathy at 508-791-7787, putting your hands, time and talents servicing the needs of local nonprofits.

*It is time for, Apple, Peaches, Pumpkin pie,  
we are looking for some of you to give us a try,  
The wind is whistling in your ear, hey,  
I think it is time for you to Volunteer!!*

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

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

Please call Joy Rehfeld @ 508-791-7783



*The Senior Companion Program & RSVP are 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](http://www.worcesterma.gov/boards-commissions) or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.



**The Ballroom Dance Class participates in Musical Showcase concert!!**



**Thank you  
Century Home Care for  
sponsoring our event!**



**SAME CARING TRADITION,**

*With So Much More to Offer*

**CONTINUOUS RENOVATIONS UNDERWAY**

*A*t Lutheran Rehabilitation & Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Lutheran now has a lot more than you think:

- On-site Management by owners directly involved in daily operations
- Dedicated Short-Term, Long-Term and Assisted Residential Living Accommodations
- Rehabilitative Therapies Available 7 Days a Week if indicated
- 24-Hour Skilled Nursing Care
- Resident Service Liaison providing concierge services and daily check-ins



26 Harvard Street  
Worcester, MA 01609  
**508-754-8877**  
[www.lutheranrehab.com](http://www.lutheranrehab.com)

Minutes from UMASS Memorial & St. Vincent's Hospital  
*Lutheran is proud to be a Sheehan Health Group affiliate.*

**CALL US TODAY TO SCHEDULE A TOUR.**

**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.

**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.**

**CASINO TRIPS**

Price **\$20. Must be paid before trip.**

**Foxwoods:**

**Fridays, November 3 & December 8.**  
Depart 8:30 am, Return about 5 pm.

**DINE OUT**

**Sunday, November 19th, Cyprian Keyes Golf Club**  
284 East Temple Street, Boylston, (right off Rte 140), for their excellent Breakfast Buffet - 11:30 AM. Come and meet new friends, no reservations. Hope to see you there!

**JULY 50/50 WINNER:** Laurel Barrett

**REMINDER**

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

*Trips 2017*

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

**DAY TRIPS**

**Monday, November 13th - KITTELY OUTLETS SHOP TIL YOU DROP TOUR.**  
Lunch on your own. \$41.00/pp

**Wednesday, December 6th - "Sleigh Bells Swing" Holiday Luncheon and Show at "The Danversport Yacht Club" \$82.00/pp Payable by November 11th**

**OVERNIGHT TRIPS**

**Sunday, November 5-6 - Turning Stone Resort Casino, Verona, NY--**  
Overnight Accommodations, Casino Bonus Pkg. \$189.00/pp Dbl, \$269.00/pp Single, \$185.00/pp Triple.

**NEW 2018**

**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**



**MISSION**

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

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

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

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
Zip \_\_\_\_\_

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

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

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

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

# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 7, NO. 11, NOVEMBER 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.

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

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### Answer to Previous Sudoku

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

### CROSSWORD PUZZLE

**ACROSS**

1 Sea (Fr.)  
4 Amer. Standard Version (abbr.)  
7 Inlet  
10 Pledge  
11 Social affair  
12 Old-fashioned oath  
14 Vega (2 words)  
16 Concerning (2 words)  
17 3 (Rom. numeral)  
18 Pueblo Indian  
20 Office of Economic Development (abbr.)  
21 Feminine (abbr.)  
22 Universe (pref.)  
24 King of Athens  
28 Plant slip  
31 Wings  
32 Twitch  
34 In the past  
35 Brain ridge

**DOWN**

1 Gardener caste  
2 Case or box (Fr.)  
3 Fluidity unit  
4 Endeavor  
5 Wither  
6 Seaweed

37 Hunting cry  
39 Polish border river  
41 Family member  
42 Hawaiian fish  
44 Tag  
46 Uncle (Scot.)  
49 Disease (pref.)  
51 Immense  
53 Joyous  
54 Former cloth measure  
55 Poultry  
56 According to (2 words)  
57 Female ruff  
58 Guido's note (2 words)

7 Portuguese coin  
8 Shame  
9 Rhine tributary  
10 Fetish  
13 Month abbr.  
15 Orkney fisherman's hut  
19 Distress signal

**ANSWER TO PREVIOUS PUZZLE**

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

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	