

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 2, FEBRUARY 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

Worcester's Premier Senior Residential Care Facility



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

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

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SEE PG 5 FOR FEATURED PROGRAMS

**WSC DISTINGUISHED SPEAKER SERIES
IN HONOR OF HEART MONTH,
CARDIOLOGIST DR. BRYON GENTILE, UMASS MED**

Fri. Feb. 14 • 10:30-11:30 am

Snow date: Fri. Feb. 21 • 10:30-11:30 am

&

ELVIS AKA ROBERT BLACK!!!

Fri. Feb. 14 • 12:30-1:30 pm

Snow date: Fri. Feb. 21 • 12:30-1:30 pm

**BLACK HISTORY MONTH PRESENTATION
MAJOR TAYLOR**

"THE WORCESTER WHIRLWIND"

Thurs. February 13 • 10-11:30 am

Snow date: Thurs. Feb. 27th

All You Need Is Love,
**CONTINUE A HEARTFELT MONTH
WITH JOHNNY VINCENT**

Tues. February 18 • 12:30-1:30 pm

Snow date: Tues. February 25th



**Vietnamese Culture/Vietnamese in Worcester Health Promotion Project
Worcester State University RN to BS Nursing students November 2019**



**Making whimsical Christmas Tree with
Bemis Nursery**



**Wood Burning with instructor
Dung & student Mary Jo**

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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

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

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: **508-799-1232**

FAX: 508-799-1743

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

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

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



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

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CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



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, February 5 • 1-2 & 2-3 pm
Make and take home a **Valentine's Day arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

**OIL PAINTING WITH
DARRELL CROW**

Thursday, Feb. 13 • 10 am-2:30 pm
Bring home a painting in one class! \$15 class fee and approximate \$10 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: **Cape Cod Dunes**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**WPD COMMUNITY CONCERNS
MEETING AND MEDICATION**

TAKE BACK BIN
Thursday, Feb. 13 • 11:30 am-12:30 pm
Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back Bin will be available for your old meds.

FREE DROP IN COLORING FUN
Friday, Feb. 14 • 10-11:30 am
2nd Friday of the month. Relaxing & fun!

**MONTHLY CRAFT CLASS
WITH MAUREEN CARLOS**
Monday, Feb. 10 • 10-11:30 am
Project: Valentine Centerpiece.
\$3.00. Call 508-799-1232 to register.



COMING IN MARCH

- **Distinguished Speaker Series continues** with Mary Ellen Murphy and Leo Quinn, Chairpeople of the Worcester St. Patrick's Day Parade and St. Patrick's Day Party with FREE Corned Beef and Cabbage and Irish themed entertainment, Tues., March 17th
- **Dean Martin Presentation with Bruce Hambro**, Wed., March 25th

THE LIBRARIANS ARE COMING

NEW DAY & TIME
Wednesday, Feb. 12 • 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, Feb. 6 & 20 • 12:30-1:30 pm
Learn how to wood burn with Dung Nguyen \$3.00 class fee. Tool & supplies included. Class size limited. Call 508-799-1232 to sign up.

BOOK DISCUSSION

Thursday, Feb. 13 • 1-2 pm
We are reading **The Secrets We Kept** by Lara Prescott, a thrilling tale of secretaries turned spies, of love and duty, and of sacrifice--inspired by the true story of the CIA plot to infiltrate the hearts and minds of Soviet Russia, not with propaganda, but with the greatest love story of the twentieth century: *Doctor Zhivago*. **In March we are reading *Murmur of Bees* by Sofia Segovia.**

**LIBBY LIBRARY EXPRESS
WORCESTER PUBLIC LIBRARY**

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

SEWING CLASS

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

WE'VE GOT TO HAVE FRIENDS

T 'was the season of parties, brightened with support from Friends of Worcester's Senior Center. Many thanks!

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
Group resumes in March

**GOOD DEEDS DAY -
SUNDAY MARCH 29, 2020**

Under the umbrella of JCC Cares, Good Deeds Day, a global day of service, was planned to bring together families and individuals to participate in a day of "doing good" and giving back to the community. This program was funded by a grant from the JFCM.

Last year (2018), 3.5 million participants in 100 countries volunteered on Good Deeds Day with close to 7 million volunteering hours recorded.

The Worcester Senior Center is participating by collecting any new toiletries. Bins will be placed in the lobby for drop off or see Suki Lapin, Program Coordinator 508-799-1232 X 48016 for any questions.

WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm FREE
Have fun and paint with Elio Sonsini.

FRIDAY FLICKS, FRIDAYS AT 1 PM

Free Movies & Refreshments. We continue to select some of the most current and popular movies and older favorites too! Suggestions always welcome! The Friday Flick is sponsored by the **Friends of Worcester's Senior Center.**

Feb 7 - *Judy* (2019), Musical, Rated PG-13, 1 hr. 58 min. Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sold-out run at The Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans — all while bravely struggling to overcome intensifying anxiety and physical decline.

Feb 14 - Cancelled

Feb. 21 - *A Dog's Journey* (2019), Drama, Rated PG, 1 hr. 48 min. Picking up where *A Dog's Purpose* left off, Ethan's dog Bailey finds a new destiny: Protect Ethan's granddaughter at any cost. His multiple lives are filled with love and devotion...and a few really good belly rubs.

Feb. 28 - *Long Shot* (2019), Comedy, Rated R, 2 hr. 5 min. When Fred Flarsky reunites with his first crush, one of the most influential women in the world, Charlotte Field, he charms her with his self-deprecating humor and his memories of her youthful idealism.



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....**



**SPEND *Valentine's Day*
AT THE WORCESTER SENIOR CENTER!
WSC DISTINGUISHED SPEAKER SERIES**

**Friday, Feb. 14 • 10:30-11:30 am
Snow date: Fri. Feb. 21 • 10:30-11:30 am**

**FEBRUARY DISTINGUISHED SPEAKER SERIES CONTINUES
WITH...ECHOCARDIOLOGIST DR. BRYON
GENTILE, UMASS MEDICAL GROUP**

In Honor of Heart Month, Dr Gentile will talk about about Signs and Symptoms, Healthy Lifestyle, Diet and Nutrition, Exercise, Fitness, Secondhand Smoke Exposure and Cardiovascular Effects.



UMassMemorial
Medical Group



**ESWA Nutrition Program lunch
sponsored by Clear Captions call
508-799-8070 for reservations.**



**THE DAY CONTINUES WITH ELVIS
AKA ROBERT BLACK!!!
12:30-1:30 pm**



**BLACK HISTORY MONTH PRESENTATION MAJOR
TAYLOR "THE WORCESTER WHIRLWIND"**

**Thursday, February 13 • 10-11:30 am
Snow date: Thurs. Feb. 27th**

Lynne Tolman, president of the Major Taylor Association, will present an illustrated talk on Major Taylor, "The Worcester Whirlwind." Learn the story of the 1899 world cycling champion's remarkable life on and off the racetracks of the world at the turn of the 20th century, and how the legacy of this African American pioneer is shaping cycling -- and Worcester -- today. Please register for this program 508-799-1232.



**All You Need Is Love, Continue
A Heartfelt Month With Johnny Vincent
Who Will Sing Your Favorite Love Songs!**

Tues. February 18 • 12:30-1:30 pm • Snow date: Tues. Feb. 25th



**Colony Retirement Homes III
101 Chadwick Street • Worcester, MA 01605**

Colony III is congregate housing for seniors that's different. We offer nutritious "home cooked meals", served in our attractive dining room. HUD's Section 8 Housing Assistance provides rent subsidy. Rent includes all utilities (except phone and cable). Some of the many amenities offered are:

- Emergency call system in each unit with 24 hour staffing
- A variety of activities
- Internet access in the library
- A greenhouse
- Your small pet is welcome



1 and 2 bedroom availability. Eligibility income limit is \$48,100 for one person, and \$54,950 for two persons. Call for more details.

(508) 755-0444 www.colonyretirementhomes.com



**Country Living in the City
Garden Style Apartments**

The apartments for seniors at Colony Retirement Homes I are located in a country like setting. A short walk takes you to shopping, restaurants, banks, the bus line, and much more. Come and see for yourself.

HUD's Section 8 Housing Assistance Program provides rent subsidy. To qualify a person must be 62 and be under the income limit of \$30,050. Stop by or call for more details.



**Colony Retirement Homes I
485 Grove Street
Worcester, MA 01605**

(508) 852-5285



www.colonyretirementhomes.com

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Fri., Feb. 7 • 9:15 am-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk. Call 508-799-1232 to register.

ESWA PRESENTS THE FDA'S NEW 2020 FOOD LABELS

Tuesday, February 11 • 11 am
The **Nutrition Facts** label is designed to provide information that can help you make informed choices about the food you purchase. The current Nutrition Facts label is more than 20 years old. To make sure you have access to more recent and accurate nutrition information, the FDA is requiring changes to the current food label. This new format started in January 2020. ESWA staff will explain how to interpret the updated label, why certain changes were made and how to use it to make healthier food choices. Call 508-799-1232 to sign up.

Nutrition Facts	
4 servings per container	
Serving size 1 1/2 cup (200g)	
Amount per serving	
Calories	240
% Daily Value*	
Total Fat 4g	8%
Saturated Fat 1.5g	3%
Trans Fat 0g	
Cholesterol 1mg	2%
Sodium 45mg	10%
Total Carbohydrate 45g	17%
Dietary Fiber 7g	28%
Total Sugars 4g	8%
Includes 1g Added Sugars	2%
Protein 11g	22%
Vitamin D 2mg	40%
Calcium 200mg	20%
Iron 4mg	80%
Potassium 240mg	5%

RESPIRATORY PROGRAM WITH ST. FRANCIS REHAB

Wed. Feb. 19 • 12:30-1:30 pm
Snow date: Wed. Feb. 26th
Learn about Pulmonary Rehabilitation including an individual, interdisciplinary treatment model which focuses on stabilization of the acute and chronic respiratory conditions. Learn about skilled respiratory care in an efficient, caring, competent manner by a highly trained team including Pulmonologist, Respiratory therapist, Physical therapist and nurses. Learn how to reach your functional baseline without recurrent hospital admissions. Sign up by calling 508-799-1232.

COMING IN MARCH HEALTH

▪ **PRECISION MEDICINE INFORMATIONAL TALK** with Reliant Medical Group
Wed. March 11th

FEBRUARY SAFETY TIP

Don't let indoor temperatures go too low and dress in layers. Going outside? Wear warm socks, a heavy coat, a warm hat, gloves and a scarf. In very cold temperatures, cover all exposed skin. Use a scarf to cover your mouth and protect your lungs.

CENTURY HOME CARE GLUCOSE TESTING

Tues. Feb. 18 • 9:30-10:30 am



FREE WELCOME BACK NANCY CIMATO AEROBICS with NANCY RETURNS TUESDAYS ONLY, 9-10 AM

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, Feb. 18 • 2-3:30 pm
Are you caring for a loved one with Alzheimer's or some other type of dementia? Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease.



"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.



Blood Pressure Clinic with WSU nursing students

MINDFUL MEDITATION

Mon., Feb. 3, 10 & 24 • 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.

CHRISTOPHER HEIGHTS of Worcester AN ASSISTED LIVING COMMUNITY

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



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- 1.5 hours of daily assistance with personal care needs
- Medication reminders
- Safety checks
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- Laundry & Housekeeping
- A full social calendar

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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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- Hearing Evaluations
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- Hearing Protection
- Musician's Earplugs
- Swim Plugs



Matthew Moreno, Au.D.
Doctor of Audiology

HOLDEN HEARING AID CENTER, INC.

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

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:



50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

Your AGE really is your EDGE!!

Wednesday, February • 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 3rd through April 3rd

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.

COMPUTER HELP

Are you struggling with a new laptop - or a new tablet? Or do you just have some questions about 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, Feb. 14 • 9:30-12:30 pm

FREE NOTARY & LEGAL CONSULTATIONS

with **Atty. Anthony J. Vigliotti**

Fri. Feb. 7 • 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.



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.**



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.



SHINE: Serving the Health Information Needs of Everyone

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

CAN I STILL CHANGE MY MEDICARE COVERAGE? Medicare Advantage Plan Open Enrollment Period

This period runs until March 31st of each year. During this timeframe you can change to another Medicare Advantage Plan. You can also leave your Medicare Advantage Plan and return to Original Medicare and pick up a drug plan and supplement coverage. **YOU MUST BE IN A MEDICARE ADVANTAGE PLAN ON JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.**

For Plan year 2020 The Tufts Medicare Preferred Plan continues to be designated as 5-star Plan by Medicare, as a reward for the excellence of their Plans. Basically, this means that Medicare Beneficiaries may enroll in or change to one of the Tufts Medicare Preferred Plans now until November 30, 2020. Blue Cross/Blue Shield Part D Plans have also been designated as Five Star Plans and the same enrollment guidelines apply.

For those with Prescription Advantage or getting "Extra Help" paying for prescription drugs: You can change your plan during the year. Those with **Prescription Advantage** can do this only once each year. Those with "**Extra Help**" can change once each quarter.

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 ESWA in the dining room. A voluntary donation of \$2.50 is appreciated for those 60+. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **Feb. 13:** Healthy Steam Rice (Cơm Bì Chả): Brown/white rice with tofu quiche, root shreds, cucumber, tomato & soy sauce.



TRANSPORTATION

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

2 WRTA Routes Service the Worcester Senior Center:

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

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.

"MAY THE YEAR OF THE RAT BRING YOU WISDOM, WEALTH AND WELLNESS! HAPPY LUNAR NEW YEAR!"



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:

- Thể dục 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.

WSC HOLIDAY COLLAGE 2019



**Polar Express
 with Union
 Hill School,
 WFD & RSVP
 volunteers**





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



GREEN HILL TOWERS

Award Winning Affordable Senior Housing

- ◇ Spacious 1 & 2 bedroom Apartments
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- ◇ 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chicken Pot Pie 3 Mashed Potatoes Beets Peaches Biscuit Alternate: Latino Meal Cilantro Lime Chicken Yellow Rice w/Black Beans	Spaghetti & Meatballs 4 Green Beans Lemon Pudding Diet = SF Tapioca Italian Bread Alternate: SOUP DU JOUR EGG SALAD	Potato Crunch Fish 5 Wild Rice Country Blend Vegetables Tartar Sauce Fresh Fruit Alternate: SOUP DU JOUR SLICED HAM	Baked Ham 6 Sr Cream & Chive Mashed Pot. Peas & Carrots Cinnamon Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR SLICED TURKEY	Garlic Herbed Chicken 7 Cranberry Herb Stuffing Roasted Brussels Sprouts Pear Crisp Diet = Applesauce Alternate: SOUP DU JOUR N.Y. PASTRAMI
Braised Beef 10 Gemelli Pasta Broccoli Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD	Hot Dog on Bun 11 Baked Beans Coleslaw Fresh Fruit Mustard Alternate: Arabic Meal Iraqi Kebabs Roasted Tomatoes / Basmati Rice	Stuffed Pepper Casserole 12 Mashed Potatoes Honey Glazed Carrots Brownie Diet = Half Piece Alternate: SOUP DU JOUR SLICED ROAST BEEF	Broccoli & Cheese Stuffed 13 Chicken w/ Gravy Wild Rice Spinach Vanilla Yogurt Alternate: SOUP DU JOUR TURKEY SALAD	Valentine's Day Turkey Supreme 14 Herb Stuffing Roasted California Blend Strawberry Shortcake Diet = Strawberries No Alt Served
President's Day 17 No Meal Served	Burger w/ Chili Side 18 Yukon Potatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Roast Pork Loin w/ Gravy 19 Bread Stuffing Country Blend Vegetables Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR SLICED TURKEY	American Chop Suey 20 Broccoli & Red Peppers Bread Pudding Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Greek Chicken 21 Steamed White Rice Roasted Broccoli Fruited Ambrosia Alternate: Chinese Meal Fish Sauce Pork Stir Fry White Rice / Sesame Seed Balls
Shepherd's Pie 24 Carrots Peas Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD	Jambalaya 25 Rice Pilaf Mixed Vegetables Pineapple Corn Muffin Alternate: SOUP DU JOUR TURKEY SALAD	Ravioli w/ Vegetable Alfredo Sauce 26 O'Brien Potatoes Roasted Brussels Sprouts Baked Apples Alternate: SOUP DU JOUR N.Y. PASTRAMI	Chicken Pesto 27 Red Bliss Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Alternate: Vietnamese/Vegan Meal Lentil Ragu with Linguini Steamed Beans	Lemon Pepper Fish 28 Potatoes Au Gratin Jardinière Vegetables Tartar Sauce Lorna Doones Alternate: SOUP DU JOUR SLICED ROAST BEEF



MENUS SUBJECT TO CHANGE.

Lunch is served at 11:45 am.
 \$2.50 suggested donation.

* **Diabetic Friendly**
 ** **Higher Sodium Entree**

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.



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
 WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



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	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9-2:30 AARP TAX PREP- by appt. only 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	3 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 10-2 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	4 12-3 SHINE Counselor - Appt. Only 12:30-2 Sewing Class 2-3:30 Radio Show	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures By Sophie 9-2:30 AARP TAX PREP- by appt. only 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:15 SEATED CORE 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 9-2:30 AARP TAX PREP- by appt. only 10-11:30 MONTHLY CRAFT CLASS 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	10 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 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group 11-11:30 ESWA-2020 FOOD LABELS 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE	11 11:45-12:30 ARABIC LUNCH (Reservation Required) 12-1 Taijiquan Practice Group 12-3 SHINE Counselor -Appt. Only 12:30-2 Sewing Class	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures By Sophie 9-2:30 AARP TAX PREP- by appt. only 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 LIBRARY OUTREACH 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS
CLOSED PRESIDENT'S DAY  TRIP: MGM SPRINGFIELD	17 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 10-2 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	18 12-3 SHINE Counselor - Appt. Only 12:30-1:30 JOHNNY VINCENT CONCERT 12:30-2 Sewing Class 1-2 CAREGIVER SUPPORT GROUP 2-3:30 MEMORY CAFÉ 2-3:30 Radio Show	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures By Sophie 9-2:30 AARP TAX PREP- by appt. only 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 ST. FRANCIS RESPIRATORY TALK 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge
TRIP: ATLANTIC CITY 9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9-2:30 AARP TAX PREP- by appt. only 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	24 TRIP: ATLANTIC CITY 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 10-2 A TIME TO CARE 10:30-11:30 RSVP- Letter Writing 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group	25 12-3 SHINE Counselor - Appt. Only 12:30-2 Sewing Class 2-3 LIBBY 2-3:30 Radio Show	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures By Sophie 9-2:30 AARP TAX PREP- by appt. only 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 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge

BRIARWOOD
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www.briarwoodretirement.com

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

DAY	THURSDAY		FRIDAY			
1:30-3 Open Bridge 2-3 FLOWER ARRANGING	5	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 10-1 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	6	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9-2:30 AARP TAX PREP- by appt. only 9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10:30-11:30 LATINO ESL	7	11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"JUDY" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
1:30-3 Open Bridge	12	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 10-11:30 BLACK HISTORY MONTH PROGRAM 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-12:30 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	13	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9-2:30 AARP TAX PREP- 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 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-11:30 LATINO ESL	14	11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12:30-1:30 VALENTINE'S DAY CONCERT 1-3 Card Playing 1-3 FRIDAY FLICK - CANCELLED 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
	19	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	20	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9-2:30 AARP TAX PREP- by appt. only 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 MAB Low Vision Support Group 10:30-11:30 LATINO ESL 11-12 Beginner French 11-12 Osteo Exercise/Maint	21	11:45-12:30 CHINESE LUNCH (Reservation Required) 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"A DOG'S JOURNEY" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS
	26	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 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 FRIENDS BINGO	27	9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9-2:30 AARP TAX PREP- by appt. only 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 1-3 Card Playing 1-3 FRIDAY FLICK -"LONG SHOT"	28	1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS



SAME CARING TRADITION, *A Whole New Level of Care*

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508-754-8877
www.lutheranrehab.com

CALL US TODAY TO SCHEDULE A TOUR.

JOIN US FOR WINTER ENROLLMENT AT RSVP



Did you know pets can help reduce stress, lower blood pressure, and increase social interaction and physical activity? Pets also live very much in the present and embody that sense of "here and now" and it tends to rub off on people! Plus, they sure are cute. What's not to LOVE about them?

All of us here at RSVP loved seeing all the pet photos submitted last month! Be sure to check out the RSVP bulletin board during the month of February located on the first floor of the Worcester Senior Center to admire all the adorable photos our volunteers shared. And then stop by the third floor to learn more about volunteer opportunities available through RSVP!

RSVP is sponsored locally by Family Services of Central MA



V IS FOR VALENTINE AND VOLUNTEER



Roses are Red, Violets are Blue we have a super Volunteer position for you! Come and share the Love of Volunteering become a special heartfelt Senior Companion! Loving hearts make wonderful senior companions. 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:
Friends of Worcester's Senior Center
128 Providence St., Box 3
Worcester, MA 01604-5413
 508-799-1232 ext.48020

ANNUAL APPEAL: 2020

Donations are being accepted for the Annual Member Appeal, and the "FRIENDS" couldn't be more grateful.

A special THANK YOU for those that have sent in donations to date.

The funds help us to help the **Worcester Senior Center** provide many of the events, programs and services that we all enjoy!



Josie Davderis celebrates her 90th with her daughter Cheryl!



Holiday Goodie Bags courtesy of Royal Care Inc.



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

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

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

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

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

TEE SHIRTS IN STOCK:

Royal Blue: Medium 1, Large 1, Extra Large 1
 Yellow: Medium 1, Large 1, Extra Large 1, 4XL 1

SWEATSHIRTS IN STOCK:

White: Large 1, Extra Large 1
 Grey: Large 1 Royal Blue: Large 2

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!
\$10.00/pp Non Refundable Deposit Required – Payable at Time of Reservation

NEW Tues., February 17, 2020	MGM, Springfield, MA	\$20.00 Slot Play, \$10.00 Food Credit \$30.00/per person Includes driver gratuity
Sunday, March 15, 2020	<i>Little Bit of Ireland:</i> Reagle Players, Lunch at The Chateau	\$89.00/per person
Tuesday, April 14, 2020	Tom Jones & Englebert - <i>The Way It Used To Be</i> - Aqua Turf	\$99.00/per person
Friday, May 29, 2020	Boston Duck Tours/Luncheon @ The Venezia	\$102.00/per person
Wednesday, June 24, 2020	Cape Cod Canal's 106th Anniversary Tour Sandwich Sightseeing & Daniel Webster House Grand Buffet	\$94.00/per person
Wednesday, July 15, 2020	Newport Playhouse & Cabaret Restaurant "On Golden Pond"	\$104.00/per person

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	CANCELLED
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 \$22.00/pp - Non Refundable - Payable at Time of Reservation

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

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 2, FEBRUARY 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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Son of Loki
- Buddhist monk
- Amer. Expeditionary Forces (abbr.)
- Alpine mountain goat
- King killed by Samuel
- Recommended daily allowance (abbr.)
- Lush
- Adjusted gross income (abbr.)
- Ahead
- Two-man fight
- Jazz style
- Political action committee (abbr.)
- Allusion
- Blanch
- Gelderland city
- Stone chip
- Revolver
- Kind of gypsum
- Assistant
- Wing
- S. Afr. village
- Handle
- Asian mountains
- Tattle
- Aria (2 words)
- No middle initial (abbr.)
- Star facet
- Afrikaans
- Office of Economic Development (abbr.)
- Shallow receptacle
- S. Afr. fox

ANSWER TO PREVIOUS PUZZLE

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

DOWN

- Nothing
- Father: Arabic
- King
- Stage direction
- Hole
- Bedouin's cord
- Numerous
- Agent (abbr.)
- Monkey puzzle
- Border
- Fall short
- Newspaper
- Arabic letter
- Pronoun
- contraction
- Roomy
- Limp
- Veteral politician
- Over (pref.)
- Knot lace
- Island (Fr.)
- Dravidian language
- Noble (Ger.)
- Snow (Scot.)
- Guido's note (2 words)
- Awn
- "The Jungle Book" python
- River through Florence and Pisa
- Cognomen
- Three-banded armadillo
- Conrad's "Victory" heroine
- Card
- Choose
- Org. of Amer. States (abbr.)
- Article (Fr.)
- Bravo (Sp.)

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