

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 9, SEPTEMBER 2019



WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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



Safe, Comfortable, Affordable Senior Living

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

Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
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Adult Day Club

- Engage the mind, strengthen the body and brighten the spirit
- Regularly scheduled entertainment and events
- Hot meals and snacks • Transportation available

Dodge Park

RESIDENTIAL CARE FACILITY FOR THE ELDERLY



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

SEE PG 5 FOR FEATURED PROGRAMS

Beginner Piano Classes

Classes start on
Mon. Sept. 9 • 9:30-10:30 am

**SPEND THE DAY
AT THE WORCESTER SENIOR CENTER!**

**DISTINGUISHED SPEAKER SERIES CONTINUES
WITH CHERYLANN GENDEL, CO-FOUNDER,
BE LIKE BRIT FOUNDATION, INC.**
Wed. September 18 • 10:30-11:30 am

&

CONCERT PIANIST ARCHIE RICHARDS RETURNS...
Sept. 18 • 12:30-1:30 pm

**SPEND ANOTHER SEPTEMBER DAY
AT THE WORCESTER SENIOR CENTER!**

HARVARD PILGRIM HEALTH FAIR
Wed. Sept. 25 • 9:30-11:30 am

&

SPONSORED LUNCH 11:45 am-12:30 pm

&

CONCERT WITH DUANE CARLSON
12:30-1:30 pm



Artist & Instructor, Darrell Crow &
student Art Exhibit



Fordyce Williams, her assistant
& Suki Lapin at the Distinguished
Speaker Series



Dementia Friends Session

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

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



The WILLOWS
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FOR ACTIVE ADULTS

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www.SalmonHealth.com

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

BUFFALO SOLDIERS

Thursday, Sept. 5 • 10:30 am-12 pm
 Buffalo Soldiers & Goal 
 Setting will address the history of the Buffalo Soldiers (African Americans who fought in the Civil War), their contribution to the US Military and how the Buffalo Soldiers can inspire Older Americans to set goals and recapture their professionalism and sense of community engagement. Please join us and CMAA for this important programming call 508-799-1232.

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, Sept. 9 • 10-11:30 am
Project: Fall Scarecrows.
 \$3.00. Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

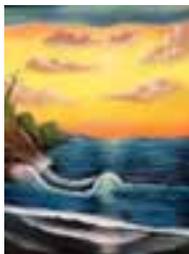
Tuesday, Sept. 10 • 12-1 pm
 We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Sept. 11 • 1-2 & 2-3 pm
 Make and take home a fall 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, Sept. 12 • 10 am-2:30 pm
 Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. Class project: **By the Sea.** A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



WPD COMMUNITY CONCERNS MEETING & MEDICATION TAKE BACK BIN

Thursday, Sept. 12 & 26 • 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, Sept. 13 • 10-11:30 am
 2nd Friday of the month. Relaxing & fun!

WOOD BURNING ART CLASS

Thursday, Sept. 5 & 19 • 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.

BEMIS FARM AUTUMN ART

Monday, Sept. 16 • 1-2:30 pm
 Nothing says fall quite like chrysanthemums! Combine them with fall foliage for texture, and a grass or two, and you get a masterpiece of color for your doorstep. \$10 per person/pot. Please call 508-799-1232 to sign up.



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



BOOK DISCUSSION

Thursday, Sept. 19 • 1-2 pm
 We are reading *A Woman of No Importance* by **Sonia Purnell**, an astounding and inspiring story of heroism, spycraft, resistance, and personal triumph over shocking adversity. A breathtaking story of how one woman's fierce persistence helped win the war. **In October we are reading Proof of Heaven by Eben Alexander, meeting will be held offsite to see the movie "Woman in the Window".**

WRTA PUBLIC MEETING

Wed. Sept. 18 • 1-2:30 pm
 The Transportation Planning Advisory Group provides an ongoing forum for presenting and discussing service related issues that impact WRTA transit users, including elders and people with disabilities. All people have the opportunity to offer their opinion.



LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Sept. 24 • 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

Thanks to Friends of Worcester's Senior Center for supporting our reach back into history with the Shades of Gray concert and the Family Letters performance.

THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET: FRESH FRUITS, VEGETABLES & MORE... THURSDAYS, 8:30-10 AM



WATERCOLOR / MIXED MEDIA

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

COMING IN OCTOBER

- **Distinguished Speaker Series continues with Wayne Tuskula, Central MA Auctioneer, Wed. October, 16th**
- **Halloween Party with Union Hill Students, Thurs. October 31st**
- **Comedy for the Ages - Senior Players Presents.....The Haverston Mills Town Meeting By Steve Henderson, Wed. October 16th, 12:30 pm**



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

DISTINGUISHED SPEAKER SERIES CONTINUES WITH CHERYLANN GENGEL, CO-FOUNDER, BE LIKE BRIT FOUNDATION, INC. Wednesday, September 18 • 10:30-11:30 am



In 2010, when tragedy struck and her daughter Britney was killed in the Haiti Earthquake, Cherylann along with Brit's dad, Len, co-founded The Be Like Brit Foundation in honor of Britney. Cherylann travels to Haiti once a month and then travels the U.S. sharing her heart and stories about Britney, her experiences about the children of Be Like Brit and how she, along with the support of family, friends and total strangers has learned to turn tragedy into hope. Do not miss this opportunity to meet Cherylann Gengel. Call 508-799-1232 to register. Refreshments will be served.



CONCERT PIANIST ARCHIE RICHARDS RETURNS... Sept. 18 • 12:30-1:30 pm

One-hour classical piano concert of 19th Century Piano Masterworks. The 1st Movement of Beethoven's innovative Waldstein Sonata, Debussy's Clair de Lune, and Chopin's Famous Ballad in G Minor will be played. Also, a work by Liszt, written so that if you're not actually watching the performance, you'd think it's being played by three hands and fifteen fingers.



50+ JOB SEEKERS REGIONAL NETWORKING GROUP!

NETWORKING WORKS!! YOUR AGE REALLY IS YOUR EDGE!!

Wednesday, September 11 & 25 • 9:30-11:30 am

This program offers 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.beach@charter.net to register. Funded by AARP & Massachusetts Assoc. of Councils on Aging.



SPEND ANOTHER SEPTEMBER DAY AT THE WORCESTER SENIOR CENTER!

HARVARD PILGRIM HEALTH FAIR Wednesday, Sept. 25 • 9:30-11:30 am

You are invited to a Harvard Pilgrim sponsored Health Fair. This is a great chance to speak with health professionals, get some important screenings, and enjoy a few light snacks and lots of healthy company.



For accommodations of persons with special needs at meetings call (844) 611-3818. For TTY service, call 711. Harvard Pilgrim is an HMO plan with a Medicare contract. Enrollment in StrideSM (HMO) depends on contract renewal.

11:45 am-12:30 pm ESWA LUNCH SPONSORED BY:



Please call 508-799-8070 to reserve lunch.

CONCERT WITH DUANE CARLSON 12:30-1:30 pm



Duane brings you music from an earlier era that everybody loves. An experienced, accomplished vocalist who will truly entertain you!

BEGINNER PIANO CLASSES

Classes start Monday, Sept. 9 9:30-10:30 am

Led by area piano teacher, Dennis Deyo. Classes taught in small groups, each student taking turns playing their music. The one-hour group session is \$5 apiece, and a one-time fee of \$35 for the music book. Call Dennis at 508-769-6413 for any questions.



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Fri., September 6 • 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.

AUBURN PHARMACY DISCUSSES CBD OIL

Thurs. Sept. 19 • 10:30-11:30 am
Join Dr. Vrushank Patel, Pharm.D, RPh, Pharmacy Manager of Auburn Pharmacy & Home Health Care to learn everything you need to know about CBD! What is CBD? Do you want to learn more about the CBD Oil? What are different types of benefits? Where should you get it from? What do we know about it? What are some of the Drug-CBD Interactions? Call 508-799-1232 to register.



FREE TAI CHI WITH MASTER DANSEREAU

Wednesdays, 2:30-3:30 pm
Come and learn Tai Chi 24-Form Yang style with Master John Dansereau, 5th Degree Black Belt Certified Tai Chi and Karate Instructor. Prior experience with Tai Chi welcome but not required. Free pilot program thru Dec. 18th Call 508-799-1232 to register.



SEPTEMBER SAFETY TIP

Change the batteries in your smoke alarms and carbon monoxide detectors when you turn back your clocks for Daylight Savings Time. Make sure to check the alarms with the new batteries installed.

GAINING IN THE FACE OF LOSS: A STRENGTH BASED APPROACH

Tues. September 24 • 10-11 am
Presented by the Members and Staff of the Older Adult Committee at Genesis Club.
An open discussion on how age influences our roles, lifestyles and our identities, often resulting in loss of our routine engagement in activities that helped us structure our day and find purpose in life. We will discuss having a positive outlook, available resources, techniques and strategies in using strengths and talents to fill the voids of what aging may have taken from us.



In the United States, the flu is responsible for making about 40 million people sick each year. With the flu season quickly approaching the best way for you to stay protected from the flu is to **get your flu shot**. The flu shot protects you from getting sick, protects you from serious flu-related complications, and protects your friends, family, and community. Prevent the spread of the flu this season by **getting your flu vaccination**.

FLU CLINIC WITH SHAW'S OSCO PHARMACY
Wed. Sept. 18 • 9:30-11:30 am
Friday, Sept. 20 • 9:30-11:30 am
Insurance and Medicare Cards required. Walk-ins welcome.

FLU CLINIC WITH WALGREEN'S
Thurs. Sept. 19 • 9:30-11:30 am
Insurance and Medicare Cards required. Walk-ins welcome.

FREE NEW ZUMBA GOLD EXERCISE CLASS
Fri., Sept. 6, 13, 20 & 27
9:30-10 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. Donations accepted.

SIGNUPS FOR EITHER SENIOR CHALLENGE EXERCISE CLASS WITH JOE FISH OR SAIL... WILL TAKE PLACE AT THE MAIN DESK OR BY CALLING 508-799-1232.
Registration: Wed., Sept. 18th at 9 am.
12 week session begins Oct 1st.

SENIOR CHALLENGE EXERCISE CLASS WITH JOE FISH
Next Session begins: Tuesdays & Thursdays starting Oct.1st, 10-10:50 am, \$2 fee per person per class. 12-wk. program limited to the first 40 who sign up. Senior Challenge is for you if you want to improve your strength and fitness and make it easier to perform your activities of daily life.

STAY ACTIVE AND INDEPENDENT FOR LIFE, (SAIL) FALLS PREVENTION CLASS WITH JOE FISH
Starts Oct, 1st, Tuesdays 11-12 pm, 12-wk. program limited to the first 20 who sign up. There is no wait list. \$2 Donation appreciated. SAIL is for you

CHRISTOPHER HEIGHTS of Worcester
AN ASSISTED LIVING COMMUNITY

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- Safety checks
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- Laundry & Housekeeping
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FREE EXERCISE CLASSES 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: Time to get pumped! Work towards strengthening muscles; work the whole body without ever leaving the chair.

Wednesdays- Seated Core 1:30-2:15 pm: Grab a chair and 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.

Fridays- Seated Stretch/Yoga 1:30-2:15 pm: Get ready to move through series of 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:



REIKI ONE ON ONE

Monday, Sept. 9, 16, 23 and 30 • 10 am-11:30 pm

15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki energy reaches all levels of the person: physical, mental, emotional and spiritual planes, and creates many benefits including relaxation, peace, security, and well-being. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. Each session is to be paid at time of service. \$10.00 per session.

FREE MINDFUL MEDITATION

Mon., Sept. 9, 16 & 23 • 12:30-1:30 pm

Continuing with our successful meditation series, Robert Harrington CCH will return to present guided meditation based on the book, *The Four Agreements*. Donations accepted.

Call 508-799-1232 to register. Scholarships available. Contact Patty Hainsworth @ 508-799-1232 xt. 48012 for more information.

TAI CHI FOR HEALTHY AGING - MODULE 3

Starts September 23rd, twice/week: Mondays & Fridays 2:30-3:30 pm.

Class dates: Sept. 23, 27, and 30th, October 4, 7, 11 & 28 no class Oct. 14th, Nov. 1, 4, 8 & 15, no class Nov. 11.

Open for both new and repeat participants. Donations accepted.

LEARN MORE ABOUT USING YOUR COMPUTER

OR TABLET: Are you new to using a computer, or a tablet? Are you good at doing some things on your computer, or tablet, and want to learn to do more things?? If you want simple, non-technical answers to your questions, you can schedule a private lesson at the Worcester Senior Center Computer Lab. Call 508-799-1232, extension **48008**, and speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session (for \$10 per hour). If there is no answer, please leave a message and your call will be returned as soon as possible.

GAMES/CRAFTS/MUSIC

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

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

Cribbage: daily at 10:00 am

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

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

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

LEARN SOMETHING NEW

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

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

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

GET FIT & HAVE FUN

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

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

Joe Fish Fitness: **CLASS FULL**

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

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

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

SUPPORT SERVICES

Advocacy, information services and application assistance:

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

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

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

FREE LEGAL CONSULTATIONS with Atty. Michael Gorman

Friday, Sept. 13 • 9:30 am-12:30 pm

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

Thurs. Sept. 19 • 10 am-12 pm
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.



MEMORY CAFE

Tuesday, Sept. 17 • 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.



LBGTQ SENIORS

Please contact Linda Wincek Moore by calling 508-799-1232 ext. 48011 or email her at moorelw@worcesterma.gov if you would be interested in helping to start a support/social group at our Senior Center.



SHINE: Serving the Health Information Needs of Everyone

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

STAYING HEALTHY WITH NO COST MEDICARE PREVENTATIVE BENEFITS

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests & pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening & counseling
- Depression screening
- Obesity screening & counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

SHINE Volunteer: Hazel Nourse.
Appointment required, call: 508-799-1232, ext. 48003. You can also visit us on the internet at 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 & 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.**



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 September 12: Combo Seasons, chicken & beef flavor (Mì xào thập cẩm) (Soy "chicken 'n beef"; combo veggies, brown sauce, onion served with noodles).



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.

"TIME TO CARE"

RESPITE DAY PROGRAM

Tuesdays, 9:30 am-1:30 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.



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

**CHINESE ELDER PROGRAM
 EVERY FRIDAY:**

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

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

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

VIETNAMESE ELDER PROGRAM

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

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

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.



Perry Blue Perform



Rhonda Hamer showcases moves from her exercise classes



SMCH offers tasty snacks



BCBS sponsored lunch and hydrated our seniors



BCBS rep & Frank Buffone swing to the Trinity Band



Worcester Rehab and Health Care Center sponsor moon pies



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



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Award Winning Affordable Senior Housing

- ◆ Spacious 1 & 2 bedroom Apartments
- ◆ Heat and hot water included
- ◆ 24 hour maintenance
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- ◆ Beautiful landscaped grounds with outdoor patio and gazebo
- ◆ Small pets welcome
- ◆ With in the building amenities including:
 - ◆ 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
Labor Day 2 No Meal Served	Meatloaf w/ Gravy 3 Garlic Mashed Potatoes Country Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR EGG SALAD	Chicken Pot Pie 4 Mashed Potatoes Country Blend Vegetables Peaches Biscuit Alternate: SOUP DU JOUR SLICED HAM	Macaroni & Cheese 5 Stewed Tomatoes Green Beans Mixed Fruit Alternate: SOUP DU JOUR SLICED TURKEY	Fish w/ Parmesean Cream Sauce 6 Wild Rice Broccoli w/ Red Peppers Blondie/ Diet= Half Piece Alternate: SOUP DU JOUR N.Y. PASTRAMI
Pork Rib-i-que 9 Mac 'n Cheese Green Beans Strawberries/Whip Top Sandwich Roll Alternate: SOUP DU JOUR CHICKEN SALAD	Swedish Meatballs 10 Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = Dt. Vanilla Pudding Alternate: SOUP DU JOUR HAM SALAD	Sloppy Joe 11 Potato Wedges Mixed Vegetables Baked Apples Sandwich Roll Alternate: SOUP DU JOUR SLICED ROAST BEEF	Chicken Cacciatore 12 Gemelli Pasta Roasted Broccoli Brownie Diet = Half Piece Alternate: SOUP DU JOUR TURKEY SALAD	Fish w/ Crumb Topping 13 Rice Pilaf Spinach Fruited Ambrosia Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Roast Turkey & Gravy 16 Mashed Sweet Potatoes Roasted Brussels Sprouts Cinnamon Pears Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Spaghetti & Meatballs 17 Green Beans Peach Crisp Diet = Peaches Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Potato Crunch Fish 18 Herbed Potatoes Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Alternate: SOUP DU JOUR TURKEY CAPE COD	Baked Ham 19 Sr Crm & Chive Mashed Pot Carrots Fresh Fruit Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Garlic Herbed Chicken 20 Bread Stuffing California Blend Vegetables Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR CORNED BEEF
Salmon Boat w/ Dill Sauce 23 Peas Lemon Herb Rice Mandarin Oranges Alternate: SOUP DU JOUR EGG SALAD	Hot Dog 24 Baked Beans Coleslaw Fresh Fruit Mustard Alternate: SOUP DU JOUR TURKEY SALAD	Chicken Mornay 25 Couscous Roman Blend Vegetables Butterscotch Pudding Diet Pudding No Alt Served	Stuffed Pepper Casserole 26 Mashed Potatoes Carrots Birthday Cake Diet = Half Piece Alternate: SOUP DU JOUR HAM SALAD	Braised Beef 27 Gemelli Pasta Broccoli Pears Alternate: SOUP DU JOUR SLICED ROAST BEEF
Chicken Pesto 30 Red Bliss Potatoes Scandinavian Vegetables Chocolate Pudding & Diet Alternate: SOUP DU JOUR CHICKEN SALAD	 <p>* Diabetic Friendly ** Higher Sodium Entree</p> <p>MENUS SUBJECT TO CHANGE. Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.</p> 			



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		
LABOR DAY- CLOSED 		2 9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE 12-1 OSTEO BEGINNER	3 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 OSTEO NUTRITION/ BEGINNER 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 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 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		
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 MINDFUL MEDITATION		9 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD II	ELECTION ACTIVITY 9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE	10 12-1 LIBRARY OUTREACH 12-1 OSTEO BEGINNER 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 OSTEO NUTRITION/ BEGINNER 2-3:30 Radio Show	TRIP: BOOTHBAY HARBOR 9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 MINDFUL MEDITATION 12:30-1:30 BEGINNER SPANISH		16 1-2:30 BEMIS FARM AUTUMN ART 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD II	9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE	17 12-1 OSTEO BEGINNER 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 OSTEO NUTRITION/ BEGINNER 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 9:30-11:30 FLU CLINIC 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 PIANIST ARCHIE RICHARDS 12:30-2:30 Crochet &Knit for Fun	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12-1:30 MINDFUL MEDITATION 12:30-1:30 BEGINNER SPANISH		23 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD III	9-11 BP WITH DPH NURSE AMELIA 9:30-1:30 A TIME TO CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 GAINING IN THE FACE OF LOSS 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. 11-12 SAIL EXERCISE	24 12-1 OSTEO BEGINNER 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 OSTEO NUTRITION/ BEGINNER 2-3 LIBBY 2-3 Osteo Nutrition/maint 2-3:30 Radio Show	TRIP: NH TURKEY TRAIN 9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 HEALTH FAIR 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 CONCERT WITH DUANE CARLSON 12:30-2:30 Crochet &Knit for Fun	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH		30 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD III 4-6 commission meeting				

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DAY	THURSDAY		FRIDAY		
1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	4	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 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 10:30-11:30 Vietnamese Elder Group	10:30-12 CMAA BUFFALO SOLDIERS TALK 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO	5 TRIP: FOXWOODS 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL	6 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 OSTEOPATHY BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK-"OPERATION FINALE" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	11	TRIP: BOOTHBAY HARBOR 8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 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 10-2:30 OIL PAINTING	10:30-11:30 Vietnamese Elder Group 11:30-12:30 WPD Community Concerns Meeting 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	12 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage	13 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 OSTEOPATHY BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK - "THE PUBLIC" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1-2:30 WRTA PUBLIC MEETING 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	18	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-11:30 FLU CLINIC 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 SHINE Counselor -Appt. Only	10-2 African American Elder Group 10:30-11:30 CBD OIL TALK 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO	19 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 FLU CLINIC 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group	20 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 OSTEOPATHY BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK -"ALPHA" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU	25	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 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 10:30-11:30 Vietnamese Elder Group 11:30-12:30 WPD Community Concerns Meeting	12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	26 9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10 ZUMBA GOLD 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance	27 12-1 OSTEOPATHY BEGINNER 1-3 Card Playing 1-3 FRIDAY FLICK -"ODE TO MY FATHER" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD III



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CALL US TODAY TO SCHEDULE A TOUR.



HAVE YOU BEEN THINKING ABOUT BECOMING A VOLUNTEER BUT YOU DON'T KNOW WHERE TO START?

Join us for Fall Enrollment at RSVP Volunteers of Central MA! RSVP partners with non-profit organizations all over Worcester County and we help you decide on the opportunity that is best for you!

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

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

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

Recognize • Resist • Report.

Call the Senior Fraud Helpline at 1-800-297-9760

RSVP is sponsored locally by Family Services of Central MA

*Awe, the glory days of September...
With the Summer fading, away and
Autumn's change rolling in,
A beautiful season about to appear, is it 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 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.



SAVE THE DATE!!

EVENT: Mystery Dinner Theater (Theme Pending)

PRESENTED BY: The Comical Mystery Tour

DATE: Saturday December 7, 2019

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

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

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

FOR MORE INFORMATION CONTACT:

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

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



thecomicalmysterytour.com

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

Name _____

Phone _____

Address _____

City _____

Zip _____

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

Checks may be dropped off or mailed to:

**Friends of Worcester's Senior Center
128 Providence St., Box 3
Worcester, MA 01604-5413
508-799-1232 ext.48020**



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

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

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

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

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

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

Wed., Sept. 25	New Hampshire Turkey Train	\$89.00/per person
Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at LaSalette Shrine	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	NEW \$94.00/per person

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

Depart: Wednesday, September 11, 2019 Return: Friday, September 13, 2019	Boothbay Harbor (3 days) Maine FULL	Double \$496.00/pp, Triple \$486.00/pp Single \$696.00, Child \$386.00 (based on 2 adults in the room)
Depart: Sunday, February 23, 2020 Return: Tuesday, February 25, 2020	Atlantic City	Special Double, \$219.00/pp, Triple \$215.00/pp, Single \$299.00/pp. Deposit due by 12/26/19

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

Fridays: September 6, October 4, November 2 & December 6

SAVE THE DATE
Wednesday, June 17-19, 2020

Penn Dutch
 Showstopper -
 Sound Theater
 "Queen Esther"

THE FRIENDS OF WORCESTER SENIOR CENTER, INC

The September Calendar Raffle drawings will be held throughout the month in the Lunchroom. Stop in to hear if you or someone you know has won one of the 30 prizes of \$100. Some lucky entrants may even win more than one prize, as tickets are put back into the barrel after they're drawn. Good luck! And speaking of good luck, why not join us for Worcester's best and only afternoon BINGO game, every Thursday at 1pm in the lunchroom. Prizes, friends-need we say more?

Special THANK YOU to our July Donors for the September Raffle:
 Overlook Healthcare and Stephen Welch

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 9, SEPTEMBER 2019

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Priest
- Amer. Cancer Society (abbr.)
- Quill for winding silk
- Gray and black plaid
- Least bit
- Dance
- Gum
- Active
- Serum (pref.)
- Leal
- Comparative ending
- Dance step
- Chamber
- Ten-sided figure
- Setting
- Elevator inventor
- Tactical Air Command (abbr.)
- Two-toed sloth
- Aunt (Fr.)

DOWN

- Refuge
- Basse-Normandie city
- Bother
- Exclamation
- Military group
- Unexploded bomb (abbr.)
- Amorphous mass
- Lie (2 words)
- Sayings (suf.)
- Husband of Fatima
- Tennyson character
- Son of, in Gaelic names
- Civil War commander
- Adjusted gross income (abbr.)
- Die away
- Ger. industrial

ANSWER TO PREVIOUS PUZZLE

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

ACROSS

- valley
- Soft drink
- It. poet
- S.A. rodent
- Pierce
- Cubic feet per second (abbr.)
- King's yellow
- Chaste
- But (Sp.)
- Gyrating (pref.)
- Dross
- Sp. article
- Dough (Ital.)
- Eye (pref.)
- Speck
- Greek letter
- Quinine
- Nose (pref.)
- No (Scot.)
- Europe (abbr.)
- Spoken alphabet letter
- Eur. Economic Community (abbr.)
- Noble (Ger.)
- Of birth
- Kimono sash
- Mollusk
- Valley
- Rhinoceros beetle
- 47 42 (Rom. numeral)
- Garden plot
- Cistern
- Hyson