

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 2, FEBRUARY 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

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**SEE PG 5 FOR FEATURED PROGRAMS**

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

Wed. February 13 • 10:30-11:30 am  
Snow date: Wed. February 15th

Distinguished Speaker Series Continues  
in 2019 with Bill Safer

11:45-12:30 pm Entertainment with former  
Platters member, Jerome Riley

**NATIONAL LOVE YOUR PET DAY!**

Tuesday, February 19 • 12:30-1:30 pm  
Snow date: Friday, February 22nd

**BLACK HISTORY MONTH CELEBRATION**

Thursday, February 21st

Snow Date: Thursday, February 28th

In Honor of Black History Month we will honor  
Dr. Shirley F. Barrow Carter and her sister  
Audrey F. Barrow Brown



Members of the African American Elder group learn CPR with Amelia Houghton DPH, RN



Joe & Cameron stop by for a visit



The Polar Express with Union Hill School, RSVP Volunteers and the Worcester Fire Dept.

WORCESTER SENIOR CENTER PRESENTS

**THE SENIOR SCOOP**

*taking you in new directions*



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- 4 February Programs & Events
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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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Senior Services Program Assistant	Lindita Taka
Multi-cultural & Senior Services Coordinator	Yung Phan
Administrative Assistant	Jenny Linch
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.



**Celebrating the holiday season!!**



**Holiday Decorating with Volunteers**



**Worcester Academy Students Perform**



**Diane from Enos Fitting diabetic shoes to a participant**



**ESL Class Celebrates the Season**

**HERBERT E. BERG FLOWER ARRANGING**

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

**WOOD BURNING ART CLASS**

**Thursday, Feb 7 & 21 • 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.

**FREE DROP IN COLORING FUN**

**Friday, Feb 8 • 10-11:30 am**  
**2nd Friday of the month**  
 A great relaxation technique and its fun!!

**THE LIBRARIANS ARE COMING**

**Tuesday, 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.

**OIL PAINTING WITH DARRELL CROW**

**Thursday, Feb. 14**  
**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: **Cyprus Creek**. A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**COFFEE CLUB WITH LISA CASILLO**

**Wed. February 20 • 10:30-11:30 am**  
 Learn about the market with a free cup of coffee and donuts. Discuss current updates on the market. Call 508-799-1232 or stop by the front desk to sign up.

**BOOK DISCUSSION**

**Thursday, Feb 21 • 1-2 pm**  
**"New York" by Edward Rutherford**

Rutherford celebrates America's greatest city in a rich, engrossing saga, weaving together tales of families rich and poor, native-born and immigrant—a cast of fictional and true characters whose fates rise and fall and rise again with the city's fortunes. **In March we are reading "Kingdom of the Blind" by Louise Penny.**

**WE'VE GOT TO HAVE FRIENDS**

Halloween would have been so much scarier if we didn't have support from the Friends of Worcester's Senior Center to pay for the fun!



Looking for someone interested in being a **Karaoke Coordinator**. Day, time and details to follow **Contact Suki Lapin 508-799-1232 X 48016.**

**NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD**

**Monday, February 25 • 12:30-1:30 pm**  
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take back bin will be available for your old meds.

**LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**

**Tuesday, Feb. 26 • 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.

**BEGINNER SPANISH CLASS**

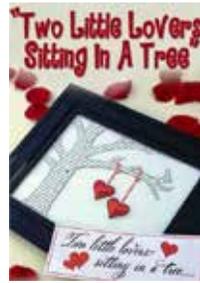
**Mondays starting February 4th 12:30-1:30 pm**  
**New** class starting with instructor, Jacob Baum. No previous Spanish experience needed. Class will be using *Easy Spanish Step by Step* by Barbara Bregstein, which you must purchase on your own. For more info and/or to register call 508-799-1232 or stop by the front desk.

**COMING IN MARCH**

- **Distinguished Speaker Series to continue with the Grand Marshall of the St. Patrick's Day Parade, Officer Sean Lovely** Fri. March 15 • 10:30-11:30 am
- **St. Patrick's Day Corned Beef and Cabbage meal sponsored by Aveanna Healthcare** Fri. March 15th
- **Antique Appraisal Day with Central MA Auctions** Wed. March 20 • 9:30 am
- **Paying for Senior Living Options by Managing Your Real Estate Assets** Thurs. March 21 • 10-11:30 am
- **"A Day of Classical and Classical Jazz Music"** Wed. March 27 • 12:30-1:30 pm

**MONTHLY CRAFT CLASS WITH MAUREEN CARLOS**

**Monday, Feb. 11**  
**10-11:30 am**  
**Project: Framed Valentine**  
 \$3.00. Call 508-799-1232 to register.



**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



**NATIONAL LOVE YOUR PET DAY!**

**Tues. February 19 • 12:30-1:30 pm**  
**Snow date: Friday, February 22nd**

Join breeder, Meredith Kapaczewski, and her Flemish Giant Rabbits. Meredith has her own rabbitry and is recognized by the American Rabbit Breeders Association called Asbury Rabbits. Pictured below is Meredith with Rufus a 6 month old light gray Flemish giant junior buck male.

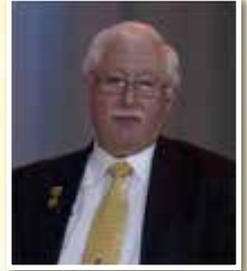


**SPEND THE DAY AT THE WORCESTER SENIOR CENTER!**

**Wed. February 13 • 10:30-11:30 am**  
**Snow date Wed. February 15th**

**DISTINGUISHED SPEAKER SERIES CONTINUES in 2019 with Bill Safer, Host of TV 13 WCCA "The People's Channel" show Hidden Treasures.**

Bill shares his 40 years of yard sale experiences. Bill will emphasize how to buy and sell yard sale finds and give us tips when looking for collectibles... even how to act and dress and just the whole psychology behind it all.



**12:30-1:30 pm** Valentine's Themed Music by **Jerome Riley**, former member of The Platters. Entertainment sponsored by:



**BLACK HISTORY MONTH CELEBRATION**

**Thursday, February 21 • 10:30-11:30 am**  
**Snow Date: Thursday, February 28th**

*In Honor of Black History Month we will honor Dr. Shirley F. Barrow Carter and her sister Audrey F. Barrow Brown*



Please join the Worcester Senior Center and the WSC African American Group to recognize sisters Shirley Frances Barrow Carter, Ed.D. Nurse-Educator-Advocate and Audrey Elizabeth Barrow Brown, BA, MSN who became the first black registered nurses to graduate from Worcester City Hospital School of Nursing in 1952. Please sign up for this program by calling 508-799-1232.

**GREEN HILL TOWERS**

**Award Winning Affordable Senior Housing**

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

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



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

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

**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, Feb. 8 • 9:15 am-3 pm**  
**NEW DAY Tuesday, February 12, 9:15-3 pm**  
 Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an apt. Registration forms located at the front desk.

**GLUCOSE TESTING BY CENTURY HOME CARE**

**Tuesday, February 19 • 9:30-10:30 am**

**NEW BLOOD PRESSURE CLINIC WITH AMELIA HOUGHTON, RN, DPH**

**Tuesdays & Fridays 9-11 am**



**FEBRUARY IS AGE-RELATED MACULAR DEGENERATION MONTH**

**Tues. February 26 12:30-1:30 pm**

Join Dr. Bingjie Ling from Arinella-Williams, LLC who will talk about macular degeneration, its causes, treatment options and what you can do to keep your eyes healthy. Call 508-799-1232 to register or sign up at the front desk.



**FEBRUARY SAFETY TIP**

It's important to have a complete eye exam with your ophthalmologist every year or two after age 65 to check for age-related eye diseases such as age-related macular degeneration, diabetic retinopathy, glaucoma, cataracts and other eye conditions.



**REIKI ONE ON ONE**

**Mon. February 4 • 10 am-12:30 pm**  
 15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki, a force energy, is a form of hands-on healing based on the belief system that all beings can heal themselves. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. \$10 fee to be paid at time of service. Call 508-799-1232 to sign up.

**MINDFUL MEDITATION**

**Mondays, Feb. 4, 11 & 25 • 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*. Bestselling author Don Miguel Ruiz. Register at 508-799- 1232. \$3 per class.

**COMING IN MARCH**

- **Senior Fitness Screenings with MCPHS PT Students and Joe Fish**  
 Tues. March 12th, 9am, snow date Tues. March 19th.

**OSTEOPOROSIS PREVENTION EXERCISE PROGRAM**

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. The Worcester Senior Center is seeking participants age 60+ for a **6 week** Osteoporosis Prevention Exercise Program. **Beginning this Spring** exercise classes will be held Tuesdays 1-2 pm & Fridays from 12-1 pm. Specialized exercises are taught by an AFAA Certified Group Exercise Instructor. There will also be a nutrition class, with a registered dietician 1 hr. a week. This free program is funded in part by Title III of the Older Americans Act via the Central MA Agency on Aging and the MA EOE. Interested persons may call 508-799-1232 x 48009 or email bresnahanjp@worcesterma.gov for further info.

**FREE EXERCISE CLASSES** with Rhonda Hamer, Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers Instructor. Classes held on a first come-first serve basis, 30pp. max. class size. Participants must sign in to class. Donations appreciated.

**Mon. & Fri. Seated Strength 1:30-2:15 pm Starts Monday, February 4th**  
 Time to get pumped! Work towards strengthening muscles, work the whole body without ever leaving the chair. Think it can't be done? Come find out!

**Wed. Seated Core 1:30-2:15 pm Starts Wednesday, February 6th**  
 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. This class can help improve spinal stability, spinal mobility, flexibility and strength.

**CHRISTOPHER HEIGHTS of Worcester**  
 AN ASSISTED LIVING COMMUNITY

Visit our website at [www.christopherheights.com](http://www.christopherheights.com) & take a virtual tour of our neighborhood.



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



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### ASSISTIVE TECHNOLOGY TRAINING

The Mass. Association for the Blind and Visually Impaired offers free training in Assistive Technology. For details, call Dave Dunham at 508-519-0411 or email [ddunham@mabcommunity.org](mailto:ddunham@mabcommunity.org). Funded in part by the MCOA.

### THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET SCHEDULE:

Tuesdays & Thursdays  
9:30-11 am



### COMPUTER OR TABLET ANSWERS

Did you recently get a new laptop? Or a new tablet? You may have some questions about using it. 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.



Rebuilding Together Worcester (RTW) volunteers make free home repairs and modifications to improve the housing of the elderly, veterans or disabled low-income homeowners in Worcester.

# FREE Home Repairs

**APPLY NOW FOR PROJECTS IN APRIL 2019**

**Services are free for the property owner.  
All labor and supplies are donated.**

*To be eligible applicants must:*

- Own and live in the home in Worcester, MA
- Be low-moderate income per the federal guidelines
- Have homeowner's insurance
- Application deadline is February 28
- Applications are screened for eligibility and prioritized

For more information or an application contact Cindy at:

413-283-6709 | [rtwvolunteers@gmail.com](mailto:rtwvolunteers@gmail.com)

or [cindy.skowyra@yahoo.com](mailto:cindy.skowyra@yahoo.com)



*RTW is an all-volunteer registered 501c3 and affiliated with the National Rebuilding Together*

### 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,  
Fridays 9:30-11:30 am

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

Blankets for Babies: 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

Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee

Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee

Joe Fish Fitness: **CLASS FULL**

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

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

Ping Pong: Thursdays 1-3 pm

### 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.

### Legal Consultations

The Senior Center welcomes Attorney Michael Gorman who will be providing **free legal consultation** for seniors the 2nd Friday of every month, 9:30-12:30 pm. Call Linda Wincek-Moore at 508-799-1232 ext. 48011 to schedule an appointment.

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

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

## 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, 12-3pm**. 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, Feb. 19 • 2-3:30 pm**



Are you caring for a loved one with Alzheimer's or some other type of dementia? Come visit the **memory café**, 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. Funded in part by the MEOEA via the MCOA.

## RAINBOW LUNCH



Elder Services of Worcester Area, Inc. invites you to the **Rainbow Lunch Club\*** at the Unitarian Universalist Church, 90 Holden Street, Worcester. Held on 2nd & 4th Wednesday of every month at Noon, and the **Rainbow Supper Club** 1st Tuesday of each month 6-8 pm Reservations required: (508) 756-1545 Ext. 339. \*Hosted for the LGBTQA (Lesbian, Gay, Bisexual, Transgender, (Questioning and Allies) Elder Community, 60 years and older.

## SHINE: Serving the Health Information Needs of Everyone

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

### MEDICARE UPDATE MEETINGS

Check our website [www.shinema.org](http://www.shinema.org) for a list of our local meetings. *SHINE Volunteer:* Hazel Nourse.

**Appointment required**, call: 508-799-1232.

**You can also visit us on the internet at [www.shinema.org](http://www.shinema.org).**

**Information for Medicare Recipients** (from the Centers for Medicare and Medicaid Services)

### CAN I STILL CHANGE MY MEDICARE COVERAGE?

**The 2018 Medicare Open Enrollment period ended on December 7, but beneficiaries may still be allowed to change plans.**

### **NEW MEDICARE ADVANTAGE PLAN OPEN ENROLLMENT PERIOD**

Beginning in 2019 Medicare has a NEW Medicare Advantage Plan Open Enrollment period. This new period runs through 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 AS OF JANUARY 1ST TO TAKE ADVANTAGE OF THIS OEP.** For Plan year 2019 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 at any time between Dec. 8, 2018 & Nov. 30, 2019. 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.

**If you are a Medicare recipient and you have questions about health insurance please call the senior center to schedule an appointment with a SHINE (Serving Health Insurance Needs of Everyone) Counselor or visit the SHINE Central Mass Website [www.shinema.org](http://www.shinema.org) for information and applications for various programs.**

## 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 **Feb 14th (snow day 2/21):** Lemongrass Chick'n Rice (Cơm gà xào xả) (Sauté vegan "chicken" in lemongrass, onion, scallion served with brown/white rice & vegetables).

## 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).

### Two WRTA routes service the Worcester Senior Center:

Two WRTA routes service the Worcester Senior Center Route **# 1** travels on Providence St. and stops in front of the senior center and route **#11** operates on the Vernon St. side of the senior center. You will have to walk up Spurr St. With a WRTA disability or senior ID, the cost is **\$.85** with other options available for frequent riders without the WRTA ID the cost is **\$1.75**. Information is available at the HUB's Customer Service window or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes in the Worcester area the WRTA Call Tess, the travel trainer, who can provide information 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. **Sponsored in part by the Committee for the Future of Aging, a collaboration of the CMAA & Worcester County Sheriff's Office**



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

**BILINGUAL SPANISH ESL TEACHER NEEDED!**  
**Have some time, speak Spanish and English, and want to make a huge impact on the lives of others? Volunteer at the Worcester Senior Center!** The Multicultural Program is seeking an enthusiastic, passionate and knowledgeable volunteer to teach Basic ESL (English as a Second Language) for Spanish speaking seniors. Certification preferred but not required. Fluent in Spanish preferred. Tentative schedule: Monday or Friday mornings. Each session runs 10 weeks. Please contact Yung Phan 508-799-1232 ext. 48006 or PhanD@worcesterma.gov to apply.

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

**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 - Học mặt Cao niên với nhiều tin tức hay, mới, bổ ích  
 - Thông dịch xem giấy tờ - Com trưa  
 - Học tiếng Anh Căn bản



Ngoài ra hàng tháng đều có An ninh Cộng đồng, Tư vấn Pháp lý, Com trưa Chay và nhiều sinh hoạt phong phú khác thích hợp với nhu cầu của người lớn tuổi. Có trợ giúp phương tiện vận chuyển.

Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. Email: PhanD@WorcesterMA.gov

The Vietnamese Elderly Program runs weekly from 9:00AM to 12:30 PM. For more information, please contact Ms. Yung Phan at 508-799-1232 and dial 2 to speak in Vietnamese or call 508-799-1232 ext. 48006.

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- A variety of activities
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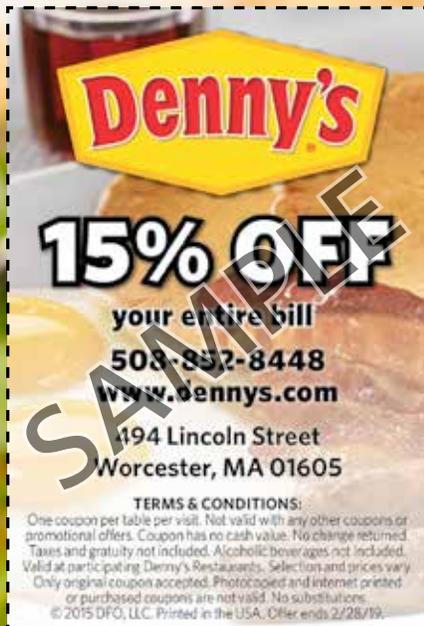
HUD's Section 8 Housing Assistance Program provides rent subsidy. To qualify a person must be 62 and be under the income limit of \$30,000. Stop by or call for more details.

**Colony Retirement Homes I**  
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 Worcester, MA 01605

**(508) 852-5285**



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 One coupon per table per visit. Not valid with any other coupons or promotional offers. Coupon has no cash value. No change returned. Taxes and gratuity not included. Alcoholic beverages not included. Valid at participating Denny's Restaurants. Selection and prices vary. Only original coupon accepted. Photocopied and internet printed or purchased coupons are not valid. No substitutions.  
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The Willows at Worcester is part of the SALMON Health and Retirement family that also includes The Willows at Westborough.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Lunch is served at 11:45 am. Your \$2.50 donation is appreciated! Call 508-799-8070 between 9-1 pm and 508-852-3205 ext 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.</p>				<p><b>Harvest Pie</b> 1 Corn Peas Cinnamon Streusel Cake Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>
<p><b>Chicken Mornay</b> 4 Vegetable Couscous Roman Blend Vegetables Vanilla Pudding Diet = Diet Vanilla Pudding <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD</p>	<p><b>Meatloaf w/ Gravy</b> 5 Garlic Mashed Potatoes Peas and Mushrooms Lorna Doone Cookies <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>Roast Turkey w/ Gravy</b> 6 Cranberry Stuffing Tuscany Vegetables Fruited Ambrosia <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>	<p><b>Macaroni &amp; Cheese</b> 7 Stewed Tomatoes Green Beans Fresh Fruit <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Haddock w/ Parmesan Cream Sauce</b> 8 Wild Rice Broccoli &amp; Red Peppers Mixed Fruit <b>Alternate:</b> SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p><b>Pork Rib-i-que</b> 11 Mac 'n Cheese Side Carrots &amp; Green Beans Mandarin Oranges <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p><b>Swedish Meatballs</b> 12 Mashed Potatoes Scandinavian Vegetables Yogurt <b>Alternate:</b> SOUP DU JOUR CHICKEN FILET w/RANCH</p>	<p><b>Sloppy Joe's</b> 13 Potato Wedges Mixed Vegetables Fresh Fruit  <b>NO ALT SERVED</b></p>	<p><b>Valentine's Day Chicken Cacciatore</b> 14 Gemeli Pasta Broccoli Strawberry Shortcake Diet = Strawberries/Whip. Top <b>Alternate:</b> SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p><b>Fish w/ Crumb Topping</b> 15 Rice Pilaf Roasted Brussel Sprouts Tapioca Diet Tapioca <b>Alternate:</b> SOUP DU JOUR CORNEED BEEF</p>
<p><b>President's Day</b> 18  <b>No Meal Served</b></p>	<p><b>Spaghetti &amp; Meatballs</b> 19 Green Beans Apple Crisp (COLD) Diet = Applesauce <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Potato Crunch Fish</b> 20 Herbed Potatoes Peas &amp; Onions Baked Cinnamon Pears (COLD) Tartar Sauce <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>	<p><b>Baked Ham</b> 21 Mashed Sour Cream &amp; Chive Potato Honey Glazed Carrots Gingerbread w/ Whip Topping <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>Garlic Herbed Chicken</b> 22 Bread Stuffing Country Blend Vegetables Fresh Fruit <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>
<p><b>Chicken Pot Pie</b> 25 Mashed Potatoes Country Blend Vegetables Peaches <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD</p>	<p><b>Hot Dog on Bun</b> 26 Baked Beans Coleslaw Fresh Fruit Mustard <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p><b>Stuffed Pepper Casserole</b> 27 Mashed Potatoes Carrots Blondie Diet = Half Piece <b>Alternate:</b> SOUP DU JOUR CORNEED BEEF</p>	<p><b>Ranch Chicken</b> 28 Wild Rice Spinach Birthday Cake Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR EGG SALAD</p>	<p><b>MENUS SUBJECT TO CHANGE.</b> * Diabetic Friendly ** Higher Sodium Entree</p>  <p>Elder Services Of Worcester Area</p>



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MONDAY

TUESDAY

WEDNESDAY

February

<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 Yoga for the Active Senior <b>10-12:30 REIKI ONE ON ONE</b> 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12:30-1:30 BEGINNER SPANISH</b> 12:30-1:30 Mindful Meditation 1-3 Happy Quilters</p>	<p><b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b></p>	<p>4</p> <p>9-10 Aerobics-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b></p>	<p>5</p> <p>12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> 2-3:30 Radio Show</p> <p>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 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun <b>1-2 FLOWER ARRANGING</b></p>
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ <b>10-11:30 MONTHLY CRAFT CLASS</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12:30-1:30 BEGINNER SPANISH</b> 12:30-1:30 Mindful Meditation <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>	<p><b>1:30-2:30 LEARNING ITALIAN</b></p>	<p>11</p> <p>9-10 Aerobics-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> 9:15-3 pm Visiting Dental Assoc.- by appt. only <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group</p>	<p>12</p> <p>11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> <b>12-1 LIBRARY OUTREACH</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> 2-3:30 Radio Show</p> <p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 12-1 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 DISTINGUISHED SPEAKER SERIES</b> 10:30-12:30 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class <b>12:30-1:30 VALENTINE'S DAY CELEBRATION</b></p>
<p><b>CLOSED</b></p> <p><b>PRESIDENT'S DAY</b></p>	<p>18</p> <p>9-10 Aerobics-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint.</p>	<p>19</p> <p><b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group <b>12:30-1:30 LOVE YOUR PET DAY</b> 12:30-2 Sewing Class <b>2-3:30 MEMORY CAFE</b> 2-3:30 Radio Show</p>	<p>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 <b>10:30-11:30 COFFEE CLUB</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12:30-1:30 BEGINNER SPANISH</b> 12:30-1:30 Mindful Meditation <b>12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b></p>	<p>25</p> <p><b>TRIP: ATLANTIC CITY</b> 9-10 Aerobics-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-11 WINTER MOBILE MARKET</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b></p>	<p>26</p> <p>12-1 Taijiquan Practice Group <b>12:30-1:30 MACULAR DEGENERATION TALK</b> 12:30-2 Sewing Class 2-3 LIBBY 2-3:30 Radio Show</p>	<p><b>TRIP: ATLANTIC CITY</b> 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 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch</p>

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DAY

THURSDAY

FRIDAY

<p>1-3 Pitch <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-3 FLOWER ARRANGING</b></p>	<p>9-10 Aerobics-CANCELLED 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group</p>	<p><b>12:30-1:30 WOOD BURNING CLASS</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:15-9:45 EASY TAI CHI</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK-"THE SEAGULLS"</b> 1-3:30 Watercolor/Mixed Media</p>
<p><b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-4 AARP 50+ JOB SEEKERS</b></p>	<p>9-10 Aerobics-CANCELLED 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group <b>10-2:30 OIL PAINTING</b></p>	<p>10:30-11:30 Vietnamese Elder Group <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:15-9:45 EASY TAI CHI</b> <b>9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only</b> 9:30-11:30 Latino Club 60+ <b>9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</b> 10-11 Osteo Exercise/Maint</p>	<p><b>10-11:30 ADULT COLORING</b> 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "MAMMA MIA 2"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>
<p><b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p>	<p>9-10 Aerobics-CANCELLED 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group <b>10-2:30 OIL PAINTING</b></p>	<p>10:30-11:30 Vietnamese Elder Group <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:15-9:45 EASY TAI CHI</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group <b>11-12 BEGINNER FRENCH</b></p>	<p>11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "THE 12TH MAN"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>
<p><b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p>	<p>9-10 Aerobics-CANCELLED 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group <b>10:30-11:30 BLACK HISTORY MONTH CELEBRATION</b></p>	<p>10:30-11:30 Vietnamese Elder Group <b>12:30-1:30 WOOD BURNING CLASS</b> <b>1-2 BOOK DISCUSSION CLUB</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-CANCELLED <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:15-9:45 EASY TAI CHI</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "BOUNDARIES"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>
<p><b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-4 AARP 50+ JOB SEEKERS</b></p>	<p><b>TRIP:ATLANTIC CITY</b> 9-10 Aerobics-CANCELLED 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL <b>9:30-11 WINTER MOBILE MARKET</b> 9:30-12 RSVP-Blankets For Babies <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group</p>	<p>1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>		



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Are you an RSVP Volunteer? Would you like to learn more about becoming an RSVP Volunteer? Drop in on every first Friday of the month for fun and games with each other and RSVP staff! Catch up, relax and share your volunteer experience.



**WHEN:** Every **FIRST** Friday of the month from 10:45-11:45 AM! Starting **February 1st!**

**WHERE:** RSVP Worcester Volunteer offices located on the third floor of the Worcester Senior Center.

**FUTURE DATES:** March 1st, April 5th, May 3rd and June 7th

Stay for lunch and movie at the Worcester Senior Center! Lunch will be served at 11:45 downstairs in the lunchroom at the Senior Center. Your donation of \$2.50 is appreciated! Call 508-799-8070 between 9-1PM and 508-852-3205 ext 290 after 1PM at least 2 days in advance by 10:30AM to reserve a meal. Bobby M's Diner will be open for lunch as well! The movie The Seagull will be playing after lunch starting at 1PM.

In doubt? Check it out! Call the **Senior Fraud Helpline 1-800-297-9760** sponsored by **Harvard Pilgrim Health Care.**

**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 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
- You can volunteer in the home or at a participating facility

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

**50+ JOB SEEKERS REGIONAL NETWORKING GROUP!**



**NETWORKING WORKS!! Your AGE really is your EDGE!!**

**Wednesday, February 13 & 27 • 2-4 pm**

This Job Seekers Networking Group program offers support and assistance to people age 50 and older who are looking for a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement.

New Topic at each biweekly meeting! Facilitated by an HR professional/career coach! Join us in a comfortable forum for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition.



For information email Melody Beach ([melody.beach@charter.net](mailto:melody.beach@charter.net)) and/or Fran Langille ([LangilleF@worcesterma.gov](mailto:LangilleF@worcesterma.gov)).

**Funded by AARP and Massachusetts Association of Councils on Aging**

**ANNUAL APPEAL: 2019**

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!

**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



Boothbay Harbor, Maine

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

**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** from the "FRIENDS". Five colors to choose from!

**\$25 each**

## DAY TRIPS

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

Tuesday, March 12th, 2019	Celtic Angels of Ireland Lunch & Entertainment at Venus De Milo, Swansea, MA	\$97.00/per person	Due by 2/10/19
Tuesday, April 16th, 2019	The Glen Campbell Xperience Lunch & Entertainment at the Aqua Turf, Plantsville, CT	\$94.00/per person	
Sunday, May 19th, 2019	The Edwards Twins Brunch & Entertainment at Lake Pearl, Wrentham, MA	\$97.00/per person	
Wednesday, June 12th, 2019	"Viva Las Vegas" w/Mark Shelton as Elvis Luncheon Buffet & Entertainment at Indian Head, NH	\$88.00/per person	
Wednesday, July 24th, 2019	"Love is The Thing" Lunch & Entertainment, Sturbridge Host Hotel	\$79.00/per person	
Saturday, August 24, 2019	Plymouth Whale Watch Lunch included Baked Scrod or Chicken	\$104.00/per person	

## OVERNIGHT TRIPS

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

Depart: Tuesday, February 26, 2019 Return: Thursday, February 28, 2019	Atlantic City Special	Double \$219.00/pp, Triple \$215.00/pp Single 299.00/pp
Depart: Sunday, July 21 Return: Monday, July 22	Hall of Fame Induction	Double \$377.00/pp Triple \$367.00/pp Single \$497.00/pp. <b>\$50.00 deposit due by 3/20/2019</b>
Depart: Wednesday, September 11, 2019 Return: Friday, September 13, 2019	Boothbay Harbor (3 days) Maine	Double \$496.00/pp, Triple \$486.00/pp Single \$696.00, Child \$386.00 (based on 2 adults in the room) <b>\$50.00 deposit due by 6/4/2019</b>

## FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

- Friday, March 8, 2019
- Friday, April 5, 2019
- Friday, May 3, 2019



## DINE OUT

**NO DINE OUT UNTIL SPRING - SEE YOU THEN!!!**



# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 9, NO. 2, FEBRUARY 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.

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

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### Answer to Previous Sudoku

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

## CROSSWORD PUZZLE

**ACROSS**

1 Compass direction  
4 Caviar  
7 To be announced (abbr.)  
10 Other (Sp.)  
11 Yale student  
12 Heat  
14 Charged lepton  
15 Apt  
17 Aid to Dependent Children (abbr.)  
18 Flexible wood  
19 Noun-forming (suf.)  
20 Ironwood  
22 Nose (pref.)  
24 Fort  
27 19th century rifle bullet  
31 Blue (Fr.)  
32 Stool pigeon  
34 Estrade  
35 Showy flower

**DOWN**

1 Detachable button  
2 Upholstery fabric  
3 Eternity  
4 Roe (2 words)  
5 Strong-scented

37 Therm  
39 Crab-eating macaque  
41 Wool (Lat.)  
42 Dead on arrival (abbr.)  
45 Aloe derivative  
47 Possesses  
50 Slub (2 words)  
52 False friend  
53 Half a ticket  
54 Indo-Chin. language  
55 Trolley  
56 This one (Lat.)  
57 Finesse  
58 Trouble

6 Iron (Ger.)  
7 Brace  
8 Low  
9 Son of Zeus  
10 Tumor (suf.)  
13 Physicians, for short  
16 Carriage  
18 Old times

**ANSWER TO PREVIOUS PUZZLE**

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

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

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