

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 5, MAY 2020



## WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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

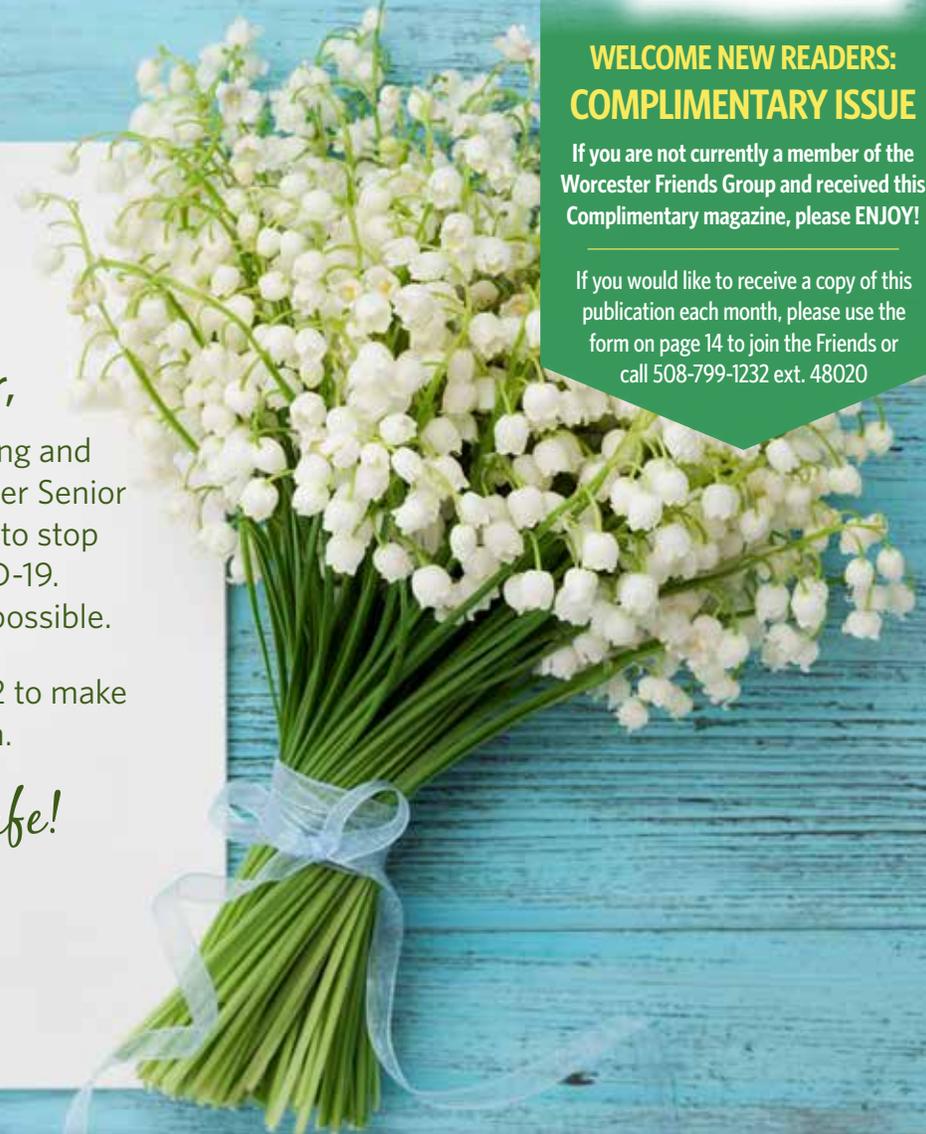
Dear Reader,

At the time of publishing and distribution, the Worcester Senior Center remains closed to stop the spread of COVID-19.

We will open in May if possible.

Please call 508-799-1232 to make sure we are open.

*Be well and safe!*



## Safe, Comfortable, Affordable Senior Living

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

### Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
- Complete medication management
- 24 hour RN and Medical Director
- Daily therapeutic bath/shower
- Activity program 7 days a week
- Your loved one can stay even if your money runs out!

### 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

# SHARE FACTS ABOUT COVID-19

Know the facts about coronavirus disease 2019 (COVID-19) and help stop the spread of rumors.

FACT  
**1**

**Diseases can make anyone sick regardless of their race or ethnicity.**

Fear and anxiety about COVID-19 can cause people to avoid or reject others even though they are not at risk for spreading the virus.

FACT  
**2**

**For most people, the immediate risk of becoming seriously ill from the virus that causes COVID-19 is thought to be low.**

Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19.

FACT  
**3**

**Someone who has completed quarantine or has been released from isolation does not pose a risk of infection to other people.**

For up-to-date information, visit CDC's coronavirus disease 2019 web page.

FACT  
**4**

**There are simple things you can do to help keep yourself and others healthy.**

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

FACT  
**5**

**You can help stop COVID-19 by knowing the signs and symptoms:**

- Fever
- Cough
- Shortness of breath

Seek medical advice if you

- Develop symptoms

AND

- Have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.



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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](http://www.worcesterma.gov/senior-center)

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

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



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Health & Human Services Dr. Matilde Castiel, Commissioner

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## CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



### SEE PG 5 FOR FEATURED PROGRAMS

#### HANDS ONLY CPR SERIES

Friday, May 1, June 19 & July 10  
10-11:30 am

*Worcester Academy Chorus  
Salutes Mothers and  
All the Special Women in our Lives!*  
Tuesday, May 5 • 11:30 am-12 pm

It's Time for Our Annual...  
**WALKING CLUB KICK-OFF**  
Thursday, May 7 • 9 am -10:30 am

**AAA REAL ID PRESENTATION**  
Tuesday, May 19 • 10:30-11:30 am

**THE LIBRARIANS ARE COMING - WPL OUTREACH**

Wednesday, May 13 • 12-1 pm

**LIBBY LIBRARY EXPRESS**

Worcester Public Library  
Tuesday, May 26 • 2-3 pm

**MONTHLY CRAFT CLASS WITH MAUREEN CARLOS**

Mon., May 11 • 10-11:30 am  
Project: Decorative Napkins  
\$3.00. Call 508-799-1232 to register.



**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.

**HERBERT E. BERG FLOWER ARRANGING**

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

**GET PEACE OF MIND WITH OUR FINAL EXPENSES**

Tues. May 12 • 10:30-11:30 am  
Planning final expenses ahead of time is the wisest choice you can make as well as having a will ready. Be prepared and protected for your family. Refreshments will be served and a \$25 Walmart gift card will be raffled to attendees. Sign up by calling 508-799-1232.



**OIL PAINTING WITH DARRELL CROW**

Thursday, May 14 • 10 am-2:30 pm  
Bring home a painting in one class! \$15.00 class fee and \$10.00 fee to purchase or rent supplies that include paints, brushes and canvas. Fees due on the day of the class. Project: Whistle Stop. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET HAS ENDED. THE SUMMER MOBILE MARKET SCHEDULE WILL BE COMING SOON....**



**PICKLEBALL**

Wed. May 13 • 12:30-2 pm  
Pickleball is a paddle sport that combines elements of tennis, badminton and table tennis. It's played over a net with a solid paddle and a perforated plastic ball. It has simple rules and is easy to learn! Join USAPA Ambassador Marie Sullivan to learn basics of the game including how to: serve, rotate, and keep score. No experience necessary. Net, paddles and balls will be provided. \*\* Dress comfortably, bring water; sneakers are mandatory.



**WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN**

Tuesday, May 14 • 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.

**WOOD BURNING ART CLASS**

Thursday, May 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.

**BOOK DISCUSSION**

Thursday, May 21 • 1-2 pm  
We are reading *A Place for Us* by Nicholas Cage. The successor to the international bestseller *Eleni*, the story of a Greek immigrant family with a tragic past, of their trials, joys, and achievements growing up in America. In June, we are reading *The Woman in Cabin 10* by Ruth Ware.

**COMING IN JUNE**

- **AARP Driver Safety Course**  
Thurs. June 4th, 10 am-3 pm
- **Bemis Farm Flower Arrangement**  
Mon. June 8th, 1 pm



**WORCESTER SENIOR CENTER 20TH ANNIVERSARY CELEBRATION**

Entertainment by Don Slaughter and company Wed. June 10th! Frank Callahan, Worcester Academy, Director of Planned Giving presentation on one of WA's most notable alumni, Cole Porter. Frank will bring Cole Porter's Grammy to view!  
Wed. June 24th

**ANNUAL WORCESTER SENIOR CENTER SUMMER CONCERT KICK-OFF Wed. June 24th**

Worcester Jazz Festival Tribute to Cole Porter - Worcester Jazz Singers perform classic favorites from the Grammy-winning songwriter who attended Worcester Academy, right around the corner!



**SENIOR CENTER FRIDAY FLICKS**

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

**DOMINO CLUB**

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



**OLDER AMERICANS MONTH**



MAKE YOUR MARK: MAY 2020



**It's Time for Our Annual...  
WALKING CLUB KICK-OFF**

**Thursday, May 7 • 9-10:30 am**

Come join our Walking Club Family! We walk together as a group to Worcester Academy's Gaskill Field Track, where Jenny Linch leads the group in a quick stretch, then the walking begins!! Walk as little or as much as you prefer. Our goals are friendship, fun and staying healthy by walking! T-shirts available for new walkers only. You must sign up for one at the front desk. Prizes & incentives given, the more you walk the more you earn! Come to the kick off to learn more.



*Worcester Academy Chorus  
Salutes Mothers and  
All the Special Women in our Lives!*

**Tues. May 5 • 11:30 am-12 noon**

In Honor of Mother's Day, and ALL the SPECIAL WOMEN in our lives, a special memento will be handed out by WA students. To sign up for this program call 508-799-1232.



**AAA REAL ID PRESENTATION**

**Tuesday, May 19 • 10:30-11:30 am**

A representative from AAA Worcester will discuss Massachusetts Real ID in advance of it becoming a federal requirement for air travel as of October 1, 2020. Please come prepared with questions and documents for review.



**FREE MUSIC THERAPY WITH CARA BRINDISI**

**Fridays in May: May 1, 8, 15, 22, & 29 • 10-11 am**

Join Cara Brindisi, board certified Music Therapist from Central MA for Music Therapy with group singing, song discussion, and instrument playing. You can achieve strong therapeutic goals in socialization, physical movement, breathing techniques, relaxation, and memory recall, among many other physical, emotional, and spiritual benefits.



**HANDS-ONLY CPR**

**FRIDAY, May 1, June 19 & July 10 • 10-11:30 am**

Learn Hands-Only CPR life-saving skills, watch a training video and practice on a mini CPR learning manikin. This is a non-certificate training program open to all. Approved by the American Heart Association and presented by Amelia Houghton, RN Worcester Regional Public Health Nurse. To register for this 3 part series call 508-799-1232.



**The WILLOWS**  
PREMIER RETIREMENT COMMUNITIES  
FOR ACTIVE ADULTS



101 Barry Road, Worcester, MA 01609 off Salisbury Street • (508) 755-0088

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

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

**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, May 8 • 9:15 am-3 pm**  
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk. Call 508-799-1232 to register.

**SHINGRIX VACCINATION WITH WALGREENS**

**Tuesday, May 12 • 9:30 am-12 noon**  
Preregister by calling 508-799-1232 with the following information at least 2 weeks in advance: Name, Date of Birth, Medicare ID and Insurance Info.

**CENTURY HOME CARE GLUCOSE TESTING**

**Tuesday, May 19 • 9:30-10:30 am**

**ALLERGIES AND ASTHMA**

**Thursday, May 21 • 10-11 am**  
Join Vibra Hospital's, McDavid Rodriguez, Respiratory Therapy Manager with 25+ years of experience in skilled nursing care for a discussion on allergies and asthma. Refreshments will be served. Please sign up call 508-799-1232.



**FREE MINDFUL MEDITATION**

**Mondays • 12:30-1:30 pm**  
Robert Harrington CCH will present guided meditation based on the book, *The Four Agreements*. Call 508-799-1232 to register.

**FREE AEROBICS WITH NANCY CIMATO**

**Tuesdays & Thursdays • 9-10 am**

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

Mon: Seated Strength 1:30-2:15 pm  
Wed: Seated Core 1:30-2:15 pm  
Fri: Seated Stretch/Yoga 1:30-2:15 pm  
Sponsored by:



**FREE ZUMBA GOLD EXERCISE**

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



**CAREGIVER SUPPORT GROUP**

**Tuesday, May 19 • 1-2 pm**  
Being a caregiver for a person living with dementia is complicated. Build a support system. Exchange information on challenges and solutions. Receive disease related information and learn about community resources. Contact facilitator, Heather Dobbert, LCSW, of Fallon Health & Alzheimer's Assoc. trained group facilitator for more information or to sign up by calling 774-317-6266 or email @ heather.dobbert@fallonHealth.org



**MEMORY CAFE**

**Tuesday, May 19 • 2-3:30 pm**  
Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease.



**"TIME TO CARE" RESPITE DAY PROGRAM**

**Tuesdays, 10 am-2 pm**  
A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. Caregivers will also enjoy a break from the stress of caregiving. Call 508-799-1232 for more info.



**MAY SAFETY TIP**

Carry a water bottle with you at all times, and replace lost electrolytes when returning indoors after a long day in the heat by sipping on a sports drink.

**COMING IN JUNE HEALTH**

**HEALTHY EATING WORKSHOP SERIES**

**June 3rd - 24th & July 1st & 8th • 1-3pm**  
Healthy Eating for Successful Living in Older Adults is a program for older adults who want to learn more about nutrition, physical activity, and lifestyle changes. We focus on heart health, bone health, and nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. This workshop is conducted over 6-2.5 hours sessions. Call Yung Phan or Lindita Taka at 508-799-1232 for any questions and/or to register.

**BRIARWOOD** 508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606  
Continuing Care Retirement Community www.briarwoodretirement.com

**Briarwood offers you and your family peace of mind.**

**Briarwood**

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

**Knollwood Nursing Center**

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606  
www.knollwoodnursingcenter.com

*Knollwood*  
*Nursing Center*  
YOUR PARTNERS IN CARE

**GET "FIT TOGETHER" WITH RSVP****Every Tuesday in May: 5th, 12th, 19th, 26th & June 2nd • 12:30-3 pm**

Explore Go4Life with a partner and keep going!

- All required equipment will be provided and kept by participants.
- All participants and their partners will attend a complimentary **Bravehearts** ballgame this June.
- All participants may be eligible to receive RSVP benefits including mileage reimbursement, liability insurance & a seat at the annual RSVP recognition luncheon.
- Enjoy a variety of fun and simple movements, improve balance, renew energy and enhance your mood today!

**Call RSVP Volunteers of Central MA today to find out more!****508-791-7787. Sign up with a partner or we will match you up with one.****DO YOU NEED COMPUTER HELP???**

Do you have some questions about your laptop - or tablet? 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 xt. **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.

**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 &amp; 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 &amp; Knitting for Fun: Wednesdays at 12:30 pm

Drop In Coloring Fun: 2nd Friday of the month

**LEARN SOMETHING NEW**

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

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

Latino ESL: 10:30-11:30 am

SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM &amp; 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 &amp; Fridays 9:30-11:30 am

Albanian Elder Group: Tuesdays &amp; 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, May 8 • 9:30 am-12:30 pm

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

## QCC FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a



**Friday Take Home Meal** every Friday of the month. Enjoy a fresh and nutritious meal, ready for pick up at Bobby M's Diner, **Fridays, 12-3pm**. Cost **\$5.00**.

Reservations recommended. Walk-ins first: come, first served! **(508) 799-1232 ext. 48001**. Call or drop by Bobby M's to have any questions answered by Rebecca King or Brandi Manca.

## RAINBOW LUNCH



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

## LGBTQ+ 60+ CLUB

Please join us at the senior center for the new monthly **LGBTQ + Support/Social Group**. The group meets the **2nd Tuesday of the month from 10 am- 11:30 am**. This is an opportunity to spend time with old friends and make new friends! Contact **Lindita Taka** at **508-799-1232 x48003** for more info.



## SHINE: Serving the Health Information

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

## DON'T LEAVE THE PHARMACY WITHOUT YOUR PRESCRIPTION:

"A drug that I need to take is not on my Part D prescription drug plan's formulary. My friend told me that my plan might need to provide me with a transition refill of this prescription. What does this mean?"

A transition refill, also known as a transition fill, is a one-time, 30-day supply of a drug that you were taking: Before switching to a different Prescription through a Medicare Advantage Plan with drug coverage.

Or, before your current plan changed its coverage at the start of a new calendar year. Transition fills let you get temporary coverage for drugs that are not on your plan's formulary or that have certain coverage restrictions (such as prior authorization or step therapy).

### Transition fills are not for new prescriptions.

You can only get transition fills for drugs you were already taking before switching plans or before your existing plan changed its coverage.

All stand-alone Prescription Part D plans and Medicare Advantage Plans that offer drug coverage must provide transition fills in certain circumstances. When you use your transition fill, your plan must send you a written notice within three business days. The notice will tell you that the supply was temporary and that you should either change to covered drug or file an exception request with the plan.

**For more info. call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment, it may take a couple of days to return your call. Visit us on the internet at [shinema.org](http://shinema.org)**

SHINE Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003.

## VEGETARIAN LUNCH OPTION

The Nutrition Program of Elder Services of Worcester Area, Inc. offers a **Vegetarian** menu option on the **second Thursday of each month** at the Worcester Senior Center.



These meals are provided by **Loving Hut Restaurant** and are of South-East Asian style cuisine. Call 508-799-1232 to make your Vegetarian meal reservation, which must be received by the Monday prior. Space is limited. First time participants must also register with ESWA in the dining room. A voluntary donation of \$2.50 is appreciated for those 60+. For those under age 60 a cost of \$5.00 applies. The Vegetarian Menu for **May 14:** Healthy Stir Fry (Hủ tiếu Xào Chay): (Rice noodles, tofu, bean sprouts, Asian leek, mixed vegetables, soy sauce).

## TRANSPORTATION

For information and assistance, visit or call Senior Center Client

Advocates at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).



### 2 WRTA Routes Service the Worcester Senior Center:

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

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

Check the ESWA Nutrition program calendar on page 9 for menus and scheduled dates.

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

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

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



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

**LATINO CLUB 60+**  
**Mondays & Fridays 9:30-11:30 am**  
Contact Jose Curet, Club 60+  
Latino Elder Group Coordinator  
508-799-1232 ext. 48007 for more  
information about the program.  
**EL CLUB LATINO 60+**  
**Los lunes y Viernes**  
Para más información, puede  
comunicarse con Jose Curet, a  
508-799-1232 ext. 48007.

**CHINESE ELDER PROGRAM**  
**EVERY FRIDAY:**  
**9 AM Exercise & Breakfast with tea**  
**10 AM ESL class**  
**11 AM Lunch**  
**12:30 PM Chinese Mandarin class**  
Contact Wei Shi 508-799-1232 ext. 48014  
shiw@Worcesterma.gov (Chinese)  
or Yung Phan 508-799-1232 ext. 48006  
PhanD@Worcesterma.gov (English)  
每星期五 中國老年人活動節目  
上午九點：做操鍛煉與早茶  
十點：ESL英語課  
十一點半：午飯  
下午十二點半：中文課（普通話）  
與曹履成先生關係（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.

**MAY 2020 CULTURAL MEALS** See Page 8 for registration info.

ARABIC MEAL TUESDAYS:	VIETNAMESE/VEGAN THURSDAYS:	CHINESE MEAL FRIDAYS:
<p><b>May 5:</b> Samak Bil Khalta (Fish Fillets in Herb Sauce), Rice, Pears</p> <p><b>May 12:</b> Bazilia (Peas with Lamb), Rice, Flatbread, Apricots</p> <p><b>May 19:</b> Lahana Bil Qeema (Cabbage Stew), Rice, Flatbread, Coconut Macaroons</p> <p><b>May 26:</b> Ras Asfoor (Meatballs with potatoes), Green Beans, Almond Cookies</p>	<p><b>May 7:</b> Stir Fry Oyster Mushrooms w/tofu Rice, Stir Fried Bok choy, Vegan Strawberry Jam Cookies</p> <p><b>May 21:</b> Vegan Fried Rice, Pea Pods, Pineapple</p> <p><b>May 28:</b> Vietnamese-Style Stir Fry, Rice noodles, Vegan Cake</p>	<p><b>May 1:</b> Chicken Chow Mein (Noodles), Pears</p> <p><b>May 8:</b> Pork and Scallion Stir Fry, White Rice, Vanilla Pudding</p> <p><b>May 15:</b> Oyster Beef with Broccoli, Brown Rice, Apricots</p> <p><b>May 22:</b> Shrimp Mai Fun (Noodles), Peaches</p> <p><b>May 29:</b> Chicken Chow Mein (Noodles), Pears</p>



**Worcester Senior Center Crochet and Knit Group**

Our talented, dedicated Crochet and Knit group creates

- 53 Hats
- 14 Scarves
- 12 Large Blankets

for Goods Deeds Day, a global day of service.



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Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

**TERMS & CONDITIONS:**  
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 5/31/20.



## Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET  
WORCESTER, MASSACHUSETTS  
[www.goddardhomestead.org](http://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	THURSDAY	FRIDAY
<p><b>MENUS SUBJECT TO CHANGE.</b> Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9&amp;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. <b>For More meal options check out PG. 9 for our Multicultural Menu.</b></p>			 <p><b>* Diabetic Friendly</b> <b>** Higher Sodium Entree</b></p>	<p><b>Vegetable Cheese Bake</b> 1 Seasoned Potatoes Mixed Vegetables Cinnamon Pears <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>
<p><b>Teriyaki Beef</b> 4 Steamed Rice Broccoli Pineapple Fortune Cookie <b>Alternate:</b> BRAISED BEEF w/ONIONS &amp; PEPPERS SMOKED PAPRIKA POTATOES</p>	<p><b>CINCO DE MAYO Fish Taco w/ Peach Salsa</b> 5 Succotash Spanish Rice Coleslaw Fresh Fruit <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>Salisbury Steak</b> 6 Mashed Potatoes Jardinière Vegetables Brownie Diet = Half Piece <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>	<p><b>MOTHER'S DAY MEAL Chicken Cordon Royale w/ Gravy</b> 7 Garlic Mashed Potatoes Herbed Carrots Cream Puff <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Macaroni &amp; Cheese</b> 8 Stewed Tomatoes Green Beans Fruited Ambrosia <b>Alternate:</b> SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p><b>Philly Cheesesteak</b> 11 Steak Cut Potato Wedges Green Beans Lemon Pudding Diet = SF Tapioca <b>Alternate:</b> BISTEC A LA MEXICANA STEAMED RICE</p>	<p><b>Marinated Pork Loin</b> 12 Cranberry Stuffing Honey Glazed Carrots Strawberries w/ Whip Topping <b>Alternate:</b> SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON</p>	<p><b>Meatballs w/ Onion Gravy</b> 13 Gemelli Pasta Country Blend Vegetables Pear Crisp Diet = Pears <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY</p>	<p><b>BBQ Chicken</b> 14 Mashed Potatoes Scandinavian Vegetables Fresh Fruit <b>Alternate:</b> SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p><b>Potato Crunch Fish</b> 15 Potatoes Au Gratin Mixed Vegetables Gingerbread Tartar Sauce <b>Alternate:</b> SOUP DU JOUR CORNERED BEEF</p>
<p><b>Lasagna &amp; Meatballs</b> 18 Green Beans Vanilla Pudding Diet = SF Pudding w/ Whip Topping <b>Alternate:</b> MEATBALLS WITH JERK SAUCE, STEAMED RICE</p>	<p><b>Chicken Fajitas</b> 19 Spanish Rice Black Beans &amp; Corn Sour Cream Pineapple <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>	<p><b>Roast Pork w/ Gravy</b> 20 Cornbread Stuffing Roasted Broccoli Peach Crisp Diet = Peaches <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>	<p><b>HAPPY BIRTHDAY Beef w/ Onions &amp; Peppers</b> 21 Steak Cut Potato Wedges Carrots Birthday Cake, Diet = Half Piece <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>	<p><b>HOLIDAY PICNIC MEAL Hot Dog on Bun</b> 22 Baked Beans Carrots Coleslaw Fresh Fruit Mustard <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>
<p><b>MEMORIAL DAY</b> 25 <b>No Meal Served</b></p>	<p><b>Buttermilk Chicken</b> 26 Red Bliss Potatoes Country Blend Vegetables Pears Corn Muffin <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p><b>Baked Potato w/ Chili &amp; Cheese</b> 27 Broccoli Sour Cream Fresh Fruit <b>Alternate:</b> SOUP DU JOUR CORNERED BEEF</p>	<p><b>Beef Stew</b> 28 Rice Corn Niblets Mandarin Oranges <b>Alternate:</b> SOUP DU JOUR EGG SALAD</p>	<p><b>Shepard's Pie</b> 29 Carrots Peas Chocolate Mousse <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY</p>

# GREEN HILL TOWERS

## Award Winning Affordable Senior Housing

- ◆ Spacious 1 & 2 bedroom Apartments
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  - ◆ 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	
<p>9-9:30 Monday Tai Chi 9-1 Beginner Scrabble <b>9:30-10:30 PIANO LESSONS</b> 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>12:30-1:30 MINDFUL MEDITATION</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b> 1-3 HAPPY QUILTERS</p>	<p><b>1:30-3 LEARNING ITALIAN</b></p> <p><b>4</b></p>	<p><b>9-10 AEROBICS WITH NANCY</b> <b>9-11 BP WITH DPH RN AMELIA</b> <b>10-10:50 SENIOR CHALLENGE EXER.</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage <b>10-2 TIME TO CARE</b> 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> 12-1 Osteo Exercise/Beginner 12-3 SHINE Counselor -Appt. Only</p>	<p>12:30-2 Sewing Class <b>12:30-3 GET FIT TOGETHER</b> 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p> <p><b>5</b></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 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12:30-2:30 Crochet &amp; Knit for Fun <b>1-2 FLOWER ARRANGING</b> 1-3 Pitch</p>	
<p>9-9:30 Monday Tai Chi 9-1 Beginner Scrabble <b>9:30-10:30 PIANO LESSONS</b> 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament <b>10-11:30 MONTHLY CRAFT CLASS</b> 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>12:30-1:30 MINDFUL MEDITATION</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>	<p><b>1:30-3 LEARNING ITALIAN</b></p> <p><b>11</b></p>	<p><b>9-10 AEROBICS WITH NANCY</b> <b>9-11 BP WITH DPH RN AMELIA</b> <b>9:30-11 SHINGRIX VACCINE</b> <b>10-10:50 SENIOR CHALLENGE EXER.</b> 10-11 Osteo Exercise/Maint. <b>10-11:30 LGBTG+ 60+</b> 10-12 Cribbage <b>10-2 TIME TO CARE</b> <b>10:30-11:30 PEACE OF MIND</b> 10:30-12 Arabic Elder Group 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint.</p>	<p><b>11-12 SAIL EXERCISE</b> 12-1 Osteo Exercise/Beginner 12-3 SHINE Counselor -Appt. Only <b>12:30-3 GET FIT TOGETHER</b> 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p> <p><b>12</b></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 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge <b>12:30-2 PICKLEBALL</b> 12:30-2:30 Crochet &amp; Knit for Fun <b>12-1 LIBRARY OUTREACH</b></p>	
<p>9-9:30 Monday Tai Chi 9-1 Beginner Scrabble <b>9:30-10:30 PIANO LESSONS</b> 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish <b>12:30-1:30 MINDFUL MEDITATION</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b></p>	<p><b>1-3 HAPPY QUILTERS</b> <b>1:30-3 LEARNING ITALIAN</b></p> <p><b>18</b></p>	<p><b>9-10 AEROBICS WITH NANCY</b> <b>9-11 BP WITH DPH RN AMELIA</b> <b>9:30-10:30 GLUCOSE TESTING</b> <b>10-10:50 SENIOR CHALLENGE EXER.</b> 10-11 Osteo Exercise/Maint 10-12 Cribbage <b>10-2 A TIME TO CARE</b> <b>10:30-11:30 AAA REAL ID</b> 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint <b>11-12 SAIL EXERCISE</b></p>	<p>12-1 Osteo Exercise/Beginner 12-3 SHINE Counselor -Appt. Only 12:30-2 Sewing Class <b>12:30-3 GET FIT TOGETHER</b> <b>1-2 CAREGIVER SUPPORT GROUP</b> 1-2 Osteo Nutrition/Beginner <b>2-3:30 MEMORY CAFE</b> 2-3:30 Radio Show</p> <p><b>19</b></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 10:30-12:30 Open Bridge 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch <b>1:30-2:15 SEATED CORE CLASS</b></p>	
<p><b>MEMORIAL DAY</b> <b>CENTER CLOSED</b></p> 	<p><b>25</b></p>	<p><b>9-10 AEROBICS WITH NANCY</b> <b>9-11 BP WITH DPH RN AMELIA</b> <b>10-10:50 SENIOR CHALLENGE EXER.</b> 10-11 Osteo Exercise/Maint 10-12 Cribbage <b>10-2 A TIME TO CARE</b> 10:30-11:30 RSVP- Letter Writing 11-11:45 Albanian Elder Group 11-12 Osteo Exercise/Maint <b>11-12 SAIL EXERCISE</b> 12-1 Osteo Exercise/Beginner</p>	<p>12-3 SHINE Counselor - Appt. Only 12:30-2 Sewing Class <b>12:30-3 GET FIT TOGETHER</b> 1-2 Osteo Nutrition/Beginner 2-3 LIBBY 2-3:30 Radio Show</p> <p><b>26</b></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 10:30-12:30 Open Bridge 12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch <b>1:30-2:15 SEATED CORE CLASS</b></p>	



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DAY	THURSDAY	FRIDAY
		<p><b>TRIP: FOXWOODS</b> 9-9:30 Chinese Tai Chi <b>9-9:45 ZUMBA GOLD</b> <b>9-11 BP WITH DPH RN AMELIA</b> 9-11:30 Chinese Elder Group &amp; ESL 9:30-11:30 Latino Club 60+ <b>10-11 MUSIC THERAPY</b> 10-11 Osteo Exercise/Maint <b>10-11:30 HANDS ONLY CPR</b> 10-12 Cribbage <b>10:30-11:30 LATINO ESL</b> 11-12 Beginner French</p>
<p><b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-3 FLOWER ARRANGING</b></p>	<p><b>6</b> <b>9-10 AEROBICS WITH NANCY</b> <b>9-10:30 WALKING CLUB KICKOFF</b> 9-11:30 Thurs Card Pick Up Group 9:15-9:45 Tai Chi <b>9:30-11:30 DOMINOES</b> 9:30-12 RSVP-Blankettes Group <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp</p>	<p><b>7</b> <b>12:30-1:30 WOOD BURNING CLASS</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>
<p><b>1-3 Pitch</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p>	<p><b>13</b> <b>9-10 AEROBICS WITH NANCY</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs Card Pick Up Group 9:15-9:45 Tai Chi <b>9:30-11:30 DOMINOES</b> 9:30-12 RSVP-Blankettes Group <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> 10:30-12:30 Vietnamese Elder Grp</p>	<p><b>14</b> <b>11:30-12:30 WPD COMMUNITY CONCERNS</b> <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>
<p>1:30-3 Open Bridge</p>	<p><b>20</b> <b>9-10 AEROBICS WITH NANCY</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs Card Pick Up Group 9:15-9:45 Tai Chi <b>9:30-11:30 DOMINOES</b> 9:30-12 RSVP-Blankettes Group <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> <b>10-11 ALLERGIES &amp; ASTHMA</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group</p>	<p><b>21</b> 10:30-12:30 Vietnamese Elder Grp <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>1:30-3 Open Bridge</p>	<p><b>27</b> <b>9-10 AEROBICS WITH NANCY</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs Card Pick Up Group 9:15-9:45 Tai Chi <b>9:30-11:30 DOMINOES</b> 9:30-12 RSVP-Blankettes Group <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Grp</p>	<p><b>28</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p>
		<p><b>TRIP: BOSTON DUCK TOUR</b> 9-9:30 Chinese Tai Chi-Cancelled <b>9-9:45 ZUMBA GOLD</b> 9-11:30 Chinese Elder Group <b>9-11 BP WITH DPH RN AMELIA</b> 9:30-11:30 Latino Club 60+ <b>10-11 MUSIC THERAPY</b> 10-11 Osteo Exercise/Maint 10-12 Cribbage <b>10:30-11:30 LATINO ESL</b> 11-12 Beginner French</p>
		<p><b>1</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing <b>1-3 FRIDAY FLICK-"AQUAMAN"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRETCH YOGA CLASS</b></p>
		<p><b>8</b> 10-12 Cribbage <b>10:30-11:30 LATINO ESL</b> 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing <b>1-3 FRIDAY FLICK -"HOW ABOUT YOU"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRETCH YOGA CLASS</b></p>
		<p><b>15</b> 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing <b>1-3 FRIDAY FLICK-"KNIVES OUT"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRETCH YOGA CLASS</b></p>
		<p><b>22</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing <b>1-3 FRIDAY FLICK -"LAST FLAG FLYING"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRETCH YOGA CLASS</b></p>
		<p><b>29</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/Beginner 1-3 Card Playing <b>1-3 FRIDAY FLICK -"ONLY THE BRAVE"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRETCH YOGA CLASS</b></p>



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Join us for Spring and Summer Enrollment at RSVP Volunteers of Central MA! RSVP offices are located on the third floor of the Worcester Senior Center. RSVP partners with non-profit organizations all over Worcester County and we help you decide on the volunteer opportunity that is best for you!

RSVP Volunteer Opportunities include but are not limited to: supporting children, health & wellness, nutrition & hunger and community support. Funding for liability insurance and mileage reimbursement is available to all RSVP Volunteers. Call to hear more about the many opportunities open this Spring and Summer 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**

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

**Wednesday, May 6 & 13 • 9:30-11:30 am**

Support and assistance to people 50+ 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! Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition. Email Melody Beach Melody@melodybeachconsulting.com to register. Funded by AARP & Massachusetts Assoc. of Councils on Aging.



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- \$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.
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Checks may be dropped off or mailed to:  
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**128 Providence St., Box 3**  
**Worcester, MA 01604-5413**

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 Earthly, Radiant and Splendid.....**



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- 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.

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

**FRIENDS** is governed by an all-volunteer Board of Director's and led by a paid, part-time Executive staff. Funds generally are raised through a variety of special events, donor appeals/solicitation of individuals, businesses, corporations, agencies and grant writing.

**FRIENDS** sponsors and supports many social, educational and advocacy events that benefit the mental, physical and emotional health of seniors each year.

**WHY JOIN FRIENDS OF WORCESTER'S SENIOR CENTER?**

Here comes another appeal for money right? After all, coming to and participating in the events & programs is free, right? Absolutely! The answer is actually very simple: The city pays for the facility and personnel (which is great...your tax \$'s at work). But who helps pay for the over 400 scheduled activities and programs? That's right: It's the FRIENDS! We generate funds through raffles, trips, BINGO, annual appeal and through our Annual Membership program. If you decide to join FRIENDS, you will receive the following:

- Have THE SCOOP mailed directly to your home! This gives you ample time to review and plan activities that are right for you so you don't miss out.
- Advance information on what trips are being offered, so you aren't shut out on the ones you really wanted to go on.
- Feeling good about contributing to the overall health & wellness of our fellow seniors through your contributions.



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

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

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

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

**Order your "FRIENDS" of Worcester Senior Center Sweatshirt/Tee Shirts**

**TEE SHIRTS IN STOCK:**

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

**SWEATSHIRTS IN STOCK:**

White: Large 2, Extra Large 1      Royal Blue: Medium 1, Large 2  
Grey: Large 1, Extra-large 1

**FRIENDS TRAVEL 2020 UPDATES**  
Foxwoods Casino Price - \$22.00/pp  
Non-Refundable - payable at time of  
reservation.

Day Trips will require a \$10.00/pp  
Non-Refundable Deposit - payable at  
time of reservation.

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

**DAY TRIPS:**

**SIGN UP EARLY. A minimum number of passengers required for a trip to be able to go!**  
**\$10.00/pp Non-Refundable Deposit Required - Payable at Time of Reservation**

Friday, May 29, 2020	Boston Duck Tours/Luncheon @ The Venezia	\$102.00/per person
Wednesday, June 24, 2020	Cape Cod Canal's 106th Anniversary Tour Sandwich Sightseeing & Daniel Webster House Grand Buffet	\$94.00/per person
Wednesday, July 15, 2020	Newport Playhouse & Cabaret Restaurant "On Golden Pond"	\$104.00/per person
Wednesday, August 19, 2020	Lobster Bake at the "Bull and Claw" Maine	\$94.00/per person
Wednesday, September 23, 2020	"A Mystery Tour"	\$84.00/per person
Sunday, October 18, 2020	The British Invasion Years -60's Musical Revolution Brunch at Lake Pearl, Wrentham, MA	\$97.00/per person
Tuesday, November 17, 2020	Yesterday Once More - All in one show The Carpenters, 5th Dimension, Mamas & Papas All in One Show	\$97.00/per person
Tuesday, December 15, 2020	Holiday Wishes at Aqua Turf Club, Plantsville, CT	\$104.00 per person

**OVERNIGHT TRIPS:      Deposit Required at Time of Reservation as Listed on Flyer**

Depart: Wednesday, June 17, 2020 Return: Friday, June 19, 2020	Penn Dutch Showstopper - Sound Theater "Queen Esther"	<b>CANCELLED</b>
<b>NEW</b> Depart: Sunday, August 30, 2020 Return: Monday, August 31, 2020	Saratoga Racing	<b>CANCELLED</b>

**FOXWOOD CASINO TRIPS:      Price \$22.00/pp - Non-Refundable - Payable at Time of Reservation**

Fridays: May 1st, June 5th, July 10th, August 7th, September 11th, October 2nd

# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 10, NO. 5, MAY 2020

Worcester Senior Center  
128 Providence Street  
Worcester, MA 01604

# BRAIN GAMES

### Sudoku

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

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

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### Answer to Previous Sudoku

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

### CROSSWORD PUZZLE

**ACROSS**

- "\_\_\_ Abner"
- Aleutian island
- Vishnu's serpent
- Father: Arabic
- Banana genus
- Plant of the iris family
- Computer chip
- Raw
- Coptic clergyman
- Defiant shout
- Abstract being
- Sputnik dog
- Emery
- One
- Pack down
- Eur. finch
- Celsius (abbr.)
- Husband of Jezebel
- Easy job
- Of punishment
- Of birth
- Youth
- Benevolent and

**Protective Order of Elks (abbr.)**

49 Lade (2 words)

55 Adjusted gross income (abbr.)

56 Spruce

57 Husband of Halcyone

58 Pitch

59 Glacial trough

60 Madame Bovary

61 Woman: obs.

**ANSWER TO PREVIOUS PUZZLE**

UPC	FRAE	TAAL
REO	LOBB	IANA
ATM	UNRU	FLED
LOMA	RAF	
	OFFER	DINGO
HEDGE	GAP	NARD
ALI	MIMUS	RAD
NUTS	LIKER	AYS
SLYPE	EURUS	
	AVA	RICH
OPERAS	TAR	MAA
DEBT	AARE	HAM
DASA	TOAD	AMP

**DOWN**

- Byron poem
- Dayak people
- Sawyer
- Darya River
- Press for payment
- Shak.
- Kernel (pref.)
- Haw. island

9 Scot. alder tree

10 Give (Scot.)

11 Annex

17 Mulberry of India

19 S.A. herb

22 Explosive letters

23 Killer of Castor

24 Red dye

26 Arraign

27 Bleaching vat

28 Tamarisk salt tree

29 Poor-quality goods

30 US dam

31 Ancient weight

35 To yield profit

38 Aesir god

40 Vehicle compartment

42 Resin

45 Carplike fish

47 Irish writing

48 Ireland

49 Limited (abbr.)

50 Gold (Sp.)

51 Eastern church chalice veil

52 Rapid eye movement (abbr.)

53 Sports hall

54 Oxygen (pref.)