

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 8, NO. 2, FEBRUARY 2018



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- Central MA premier residential care facility
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*Artist Reception -
Meet Artist, Andrea Driscoll*
Tues. February 6 • 11 am-1 pm
Snow date: March 6 • 11-1 pm

CELEBRATING BLACK HISTORY MONTH
Wed. February 7 • 10:30-11:30 am
Snow date: Fri. February 9 • 10:30-11:30 am

**LEARN HOW LONGTIME WPI CUSTODIAN
JANICE FREDERICK BECAME A PUBLISHED
AUTHOR & ILLUSTRATOR**
Mon. February 12 • 10-11 am
Snow Date: Mon. March 12 • 10-11 am

*Valentine's Day Entertainment
With Bill Porcello*
Wed. February 14 • 10:30-11:30 am
Snow Date: Fri. February 16 • 10:30-11:30 am

**The Worcester Senior Center's Distinguished Speaker
Series continues... with Victoria Waterman,
Chief Executive Officer, Girls Inc.**
Mon. February 26 • 12:30-1:30 pm
Snow date: Wed. February 28 • 12:30-1:30 pm

PART TIME WORK

MAKE UP TO \$35/HOUR!

*Do you enjoy interacting with people?
Are you looking for a flexible,
part-time job with competitive pay?*

**Then Renewal by Andersen just
might have the position for you!**

**Renewal
by Andersen.**



WINDOW REPLACEMENT
an Andersen Company

If you have worked in promotions, sales, food service, retail, grocery, hospitality, customer service OR if you simply enjoy interacting with people, we want you to join our team as a part-time Events or Retail Associate.

No previous work experience required, however, previous experience as a customer service representative, brand ambassador, event specialist, cashier, clerk, sales representative, sales assistant, or a product demonstrator would make you an ideal candidate.

- Must have excellent communication skills, a neat appearance, and superb customer focus.
- Part-time schedule - must be able to work flexible hours including work availability for weekends.
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- Requires ability to follow written and verbal instructions.
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- Applicants must pass background check and drug screening

Pay is up to \$15 per hour in addition to a lucrative bonus plan plus paid training & mileage.

Email spochapin@andersencorp.com or call 508-351-2226 to set up an interview.



"WEAR YOUR FAVORITE HOLIDAY SWEATER" 2017

Entertainment by Roger Tincknell

Sponsored by Home Instead Senior Care

- 4 February Programs & Events
- 5 Friday Flick Movies
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Advertisements in this newsletter do not constitute an endorsement by the Worcester Senior Center or Division of Elder Affairs.

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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

PHONE: 508-799-1232

FAX: 508-799-1743

WEBSITE: www.worcesterma.gov/seniorcenter

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

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



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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.



SAME CARING TRADITION,

With So Much More to Offer

CONTINUOUS RENOVATIONS UNDERWAY

At Lutheran Rehabilitation & Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Lutheran now has a lot more than you think:

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www.lutheranrehab.com

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

CALL US TODAY TO SCHEDULE A TOUR.

CRIBBAGE TOURNAMENT

Monday, Feb 5 • 9-11:30 am
 Players are asked to contribute \$5.00 each. Sign up for the tournament at the front desk or call 508-799-1232. Prize is determined by number of players participating.

PITCH TOURNAMENTS

Monday, Feb 12 & 26 • 9:30-11:30 am
 Players are asked to contribute \$5 each. Call 508-799-1232 to sign up. Prize is determined by number of players participating.

COLORING ISN'T JUST FOR KIDS!

Friday, February 2 & 16 • 10-11:30 am
 A great relaxation technique and its fun!! Lots of pictures to choose from and it's free. Call 508-799-1232 to sign up.

CRAFTS WITH LAUREL

**Monday, February 12
 10-11:30 am**
Project: DIY Valentine's Day Chocolate Tree. \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.



THE LIBRARIANS ARE COMING

Tuesday, February 13 • 12-1 pm
 We are here to offer sample items from our vast collection; assist new members, provide library cards; put items on hold; give information on library events, materials and services; and answer reference questions.

HERBERT E. BERG

FLOWER ARRANGING
Wednesday, Feb. 7 • 1-2 & 2-3 pm
 Make and take home a **Valentine's Day Arrangement.** \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

OIL PAINTING WITH

DARRELL CROW
**Thursday, February 8
 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: **Teton.** A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



NEW NEIGHBORHOOD CRIME

WATCH MEETING WITH WPD
Monday, February 26 • 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.

BOOK DISCUSSION

Thursday, February 15 • 1-2 pm
 New members are always welcome! We are reading, *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann, a twisting, haunting true-life murder mystery about one of the most monstrous crimes in American history. In the 1920s, the richest people per capita in the world were members of the Osage Indian nation in Oklahoma after oil was discovered beneath their land. Based on years of research and startling new evidence, the book is a masterpiece of narrative nonfiction, as each step in the investigation reveals a series of sinister secrets and reversals. But more than that it is a searing indictment of the callousness and prejudice toward American Indians that allowed the murderers to operate with impunity for so long. **In March we are reading *My Name is Mary Sutter* by Robin Oliveira.**



LIBBY LIBRARY EXPRESS

WORCESTER PUBLIC LIBRARY
Tuesday, February 27 • 2-3 pm

SEWING CLASS

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

BEGINNER SCRABBLE

Looking for players at a beginner's level. Scrabble board provided. Have fun, while exercising your brain!! Mondays, 9-1 pm. Call 508-799-1232 for more info. +/or to sign up.



WE'VE GOT TO HAVE FRIENDS

Events for Veterans, Thanksgiving, and Know Your City were given a boost by Friends of Worcester's Senior Center. Thank you!

COMING IN MARCH

- **St. Patrick's Day Celebration**
 Fri. March 16 • 12:30-1:30 pm
- **"Four Great Films from the 1950's/Four Countries"-Film Series with Cinema - Worcester** Fridays during Friday Flick - 1pm (4 movies)

8 WEEK ACRYLIC CLASS

with artist Andrea Driscoll Wednesdays in Feb. and March starting Wed. Feb 7 10am-12 pm

Learn the basics and more! Whether you are new to painting or have taken a class before, come learn to paint and enjoy the company of others who have the same interests and goals. Everyone progresses at his or her own pace. Weekly demonstration of painting techniques that will help you move along with your work. Paints and brushes will be available for the first class and then students will bring their own supplies (list is available at the front desk). Learn to mix colors and create so much with just a few paints.



Learn paint and brush stroke techniques to make your work come alive. Do some experimenting to learn about style and composition.
\$10 fee per class



**SENIOR CENTER
 FRIDAY FLICKS**

**SHOWS MOVIES EVERY
 FRIDAY AT 1 PM**

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



THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET SCHEDULE
TUESDAYS 9:30-11:30 am

THE WORCESTER SENIOR CENTER'S DISTINGUISHED SPEAKER SERIES CONTINUES... with Victoria Waterman, Chief Executive Officer, Girls Inc.



Mon. February 26 • 12:30-1:30 pm
Snow date: Wed. Feb. 28 • 12:30-1:30 pm

After 100 years, our neighbor, Girls Inc. of Worcester continues to inspire all girls to be strong (healthy), smart (educated) and bold (independent) Learn about their rich history and what makes this girl-centered organization unique. Refreshments will be served. Please sign up by calling 508-799-1232.



ARTIST RECEPTION - MEET ARTIST, ANDREA DRISCOLL

Tues. February 6 • 11 am-1 pm
Snow date: Tues. March 6 • 11 am-1 pm

Andrea Driscoll's artwork encompasses realistic seascapes and landscapes, as well as monoprints, scratchboard drawings and abstracts in mixed media. She also creates abstracts in needlepoint, designs with fabrics and paints furniture. Her passion is exploring and interpreting art within nature, and has been since childhood. Between her early experiences with art lessons at the Worcester Art Museum and many years as a camper at a natural history summer camp, she has gained both inspiration and insight into the natural world. Her diverse yet connected inter-ests in design, gardening and flower arranging help her to create her view of nature. **View Exhibit in Feb. and March See PG 4 for more info on the Acrylic Art Classes.**



LEARN HOW LONGTIME WPI CUSTODIAN JANICE FREDERICK BECAME A PUBLISHED AUTHOR & ILLUSTRATOR

Mon. February 12 • 10-11 am
Snow Date: Mon. March 12 • 10-11 am

Janice Frederick, Worcester based author of the children's book series entitled "The Lady Who Eats Roofing Nails" and custodian at Worcester Polytechnic Institute will present, along with her team, their story of transforming a few drawings on the lunchroom whiteboard into a self-published book series. She will also help the audience practice their drawing skills and will share her approach to illustration and how she realized her potential as an author and illustrator during 2017. Janice will stay on to autograph books at the end of the session. Register by calling 508-799-1232.



VALENTINE'S DAY ENTERTAINMENT WITH BILL PORCELLO

Wed. Feb 14 • 10:30-11:30 am
Snow Date: Fri. Feb 16 • 10:30-11:30 am

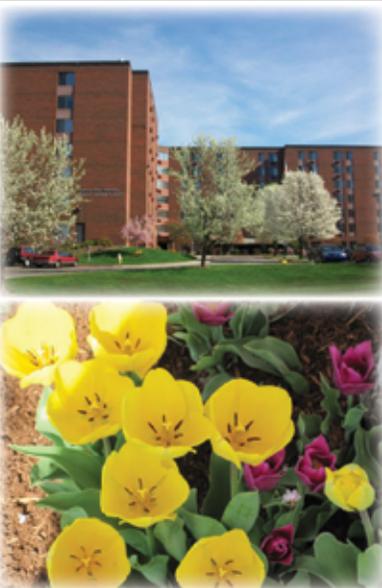
Originating from the Boston area Jim is a jazz vocalist whose career has spanned over 40 years. He says that he loves to sing anywhere, anytime, anyplace. He continues to hone his craft and feels that he is getting better with age. *"Jim Porcella sings with feeling, warmth and emotion...enhanced by a very special delivery of lyrics. Thanks, Jim, for keeping the American Songbook alive!"* Ron Della Chiesa, host of Music America *"Jim's got the gift! He really swings!"* Joe Williams. Refreshments will be served. Sign up for our Valentine's Day Program by calling 508-799-1232.



CELEBRATING BLACK HISTORY MONTH

Join us for a special presentation by our African American Elder group
Wed. February 7 • 10:30-11:30 am **Snow date: Fri. Feb. 9 • 10:30-11:30 am**

Janette Thomas Greenwood, Professor of History, Clark University will present **Rediscovering an American Community of Color: Photographs** of William Bullard and explain how these photographs provide a glimpse into a vibrant "community of color" in Worcester in the early 1900's. Learn how student research helped uncover the historical significance of Bullard's work. This exhibit is currently on display at the WAM. Refreshments will be served. Please sign up for this program by calling 508-799-1232.



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Award Winning Affordable Senior Housing

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- ◆ 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. 2 • 9:15-3 pm
Public Health Dental Hygienists will provide: dental cleanings, sealants, fluoride treatments as well as care for partials and dentures, periodontal (deep) cleanings and provide emergency treatment of dental pain. Referrals made to dentist if needed. Mass Health, Commonwealth Care Type 1 accepted, discounts offered to uninsured. Ask for a price list. Call 508-799-1232 to make an appt. Registration forms located at the front desk.

LEARN TO MAKE ESSENTIAL OILS WITH HELEN AVIV

Fri. Feb 9 • 10:30-11:30am
Join Helen K. Aviv to learn more about the fascinating aspects of essential oils, their history, and everyday uses by creating a “make and take” oil. \$5.00 for oil. Talk is free. Call 508-799-1232 to sign up.

HEALTHY LIVING SUPPORT GROUP

Monday, Feb. 5 • 12:30-1:30 pm
A support group for past participants of the evidenced-based programs: “Matter of Balance”, “My Life My Health” “Tai Chi for Healthy Aging” and “Healthy Eating”. Share your knowledge and experiences with your peers, while learning current health practices. Call 508-799-1232 to register.

FEBRUARY SAFETY TIP

Find healthy outlets to relieve stress and lower your risk for heart disease.

“LAUGH FOR THE HEALTH OF IT” with Performance Improvement Specialist **Trevor Smith** **Tues. Feb 13 • 12:30-1:30 pm**
Snow Date: Tues. Feb. 27 • 12:30-1:30 pm
Join Trevor Smith from Blue Sky Consulting as he uses applications of laughter to improve our health and well-being. Learn a systematic method of chuckles, chortles, giggling and guffawing that promises to help reduce stress, prevent hardening of the attitudes and contribute to world peace. The laughter routine, designed to make anyone feel better, works without using jokes or comedy to stimulate the laughter. Call 508-799-1232 to register.

THE WORCESTER SENIOR CENTER & SENIOR COMPANION PROGRAM are joining together to offer: **Two shots, One Illness: Pneumonia** **Wed. February 7 • 1-2 pm**

Often at the pharmacy we encounter the question of why two shots and why so close but apart? Does the first one not work? They both are pneumonia shots right? The vaccines (Pneumovax23 and Prevnar13) are vastly different and cover a variety of strains of strep-tococcus pneumoniae bacteria. Come learn about these vaccines, their indications and if you are missing this vital piece of senior healthcare. The pharmacist will also administer the vaccines. Presented by: Ibrahim Alhomoud, PharmD Candidate 2018: MCPHS University-Worcester & Anthony Desmond, PharmD, RPH: Shaws-Osco Pharmacy.



NEW DAILY PRACTICE OF EASY TAI CHI

Fridays, 9:15-9:45 am
Join the 2-part Daily Practice of Easy Tai Chi for your body to warm up and recharge, and for your mind and spirit to relax at the same time.

Part One: 25 warm up exercises
Part Two: simple and easy Qigong and Tai Chi movements which can be done standing or sitting. No prior experience requirement. And the class is free!

PODIATRY CLINIC

Tuesday, February 27 • 12:30-2:30 pm
Appt. required. No walk-ins. Call 508-755-9573 beginning February 1st to make your appt.

COMING IN MARCH HEALTH

- **Distinguished Speaker Series continues with Dr. Elena Blotcher: How Tai Chi could be used to fight Heart Attacks.** **Tues. March 13 • 12:30-1:30 pm**
Snow date: **Tues. March 20 • 12:30-1:30 pm**
- **Mindful Meditation with Robert Harrington** **Mondays in March • 12:30-1:30 pm**
- **Talk about Risks and Benefits of Marijuana Use with Dr. Alan Ehrlich** **Fri. March 9 • 10-11 am**

NEW ZUMBA EXERCISE CLASS - Mondays, 12:30-1:15 pm. Starts: Mon. Feb. 5th

ZUMBA GOLD classes with Steph Bolduc, Certified Zumba Instructor. ZUMBA is a Latin dance fitness class for the active older adult. The class focuses on strength, balance, and coordination through a fun, upbeat, low intensity work out. Steph will modify steps for all levels of fitness. \$5.00 per person charge per class.



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GAMES/CRAFTS/MUSIC

| |
|---|
| Pitch: Wednesdays, 1-3 pm |
| Mah Jong: Wednesdays 9:00-11:30 am |
| Movies: Fridays at 1:00 pm |
| Crafts with Laurel: 2nd Monday of the month 10-11:30 am |
| Cribbage: daily at 10:00 am |
| Card Playing: Fridays, 1:00-3:00 pm |
| Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm, Fridays 9:30-11:30 am |
| Scrabble: Mondays, 10 am-1 pm |
| Beginner Scrabble: Mondays, 10 am-1 pm |
| Project Linus- crochet group: Thursdays at 9:30 am |
| Crochet & Knitting for Fun: Wednesdays at 12:30 pm |
| Gordon Creamer, Organ Player: Wednesdays, 11:30 am-Noon |
| Adult Coloring: 1st & 3rd Fridays of the month |

LEARN SOMETHING NEW

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|--|
| Chinese Mandarin: Fri. 12:30-2 pm, Call Mr. Cao at 508-799-8069 |
| Spanish Class: Mondays, 11 am-Noon |
| Beginner Spanish: Mondays, 12:30-1:30 pm |
| Beginner French Fridays 11-12 pm |
| ESL for CHINESE: Fridays 10-11:30 am |
| Beginner ESL for Vietnamese: Thursdays 9:30-10:30 am |
| ESL for Arabic: 1st & 3rd Tuesdays, 10-11:30 am |
| SeniorSpeak Taping: Tues at 2:00 pm. Airs Mon. at Noon WCUW 91.3 FM & on WCCA Channel 13 Mon. at 1 am, Tues. at 12:30 pm, Wed. at 10 pm and Thurs. at Noon |

GET FIT & HAVE FUN

| |
|---|
| Yoga for the Active Senior w/ Fern: Monday at 10 am, \$10/class, discounts for multi-class pass |
| Mixed Gentle Yoga (chairs optional) w/ Fern: Wednesday at 10 am, \$10/class, discounts for multi-class pass |
| Gentle Yoga with Nancy Cimato: Fridays at 9 am, \$4 fee |
| Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am, \$3 fee |
| Joe Fish Fitness: Tuesdays & Thursdays, 10-11 am |
| Walking Club: Thursdays, 9-12 pm |
| Ballroom Dance Classes: Fridays at Noon, \$3 fee |
| Tai Chi: Mondays 9:15-9:45 am, Thursdays 9:15-9:45 am |
| Ping Pong: Thursdays 1-3 pm |
| Tai Chi with Master Keenan: Wednesdays 3:30-4:30 pm |

MEETINGS

| |
|---|
| Commission on Elder Affairs: 4th Monday at 4 pm |
| African American Elder Group: Thursdays at 10 am |
| Vietnamese Elder Group: Thursdays at 10:15 am |
| Chinese Elder Group: Fridays 9-10 am |
| Arabic Elder Group: 1st Tuesday & 3rd Tuesday 10:30-12 pm |
| Latino Club 60+: Mondays & Fridays 9:30-11:30 am |
| Albanian Elder Group: Tuesdays & Thursdays 11-11:45 am |

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. Funded in part by the MCOA.

COMPUTER LESSONS

Did you recently purchase a new computer or tablet – or get one as a gift? Do you have questions about using it? There is no need to stay confused. You can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). To arrange an appointment for a one-to-one tutoring session, call 508-799-8071 and speak with Ann Stamm, Computer Lab Coordinator. If there is no answer, please leave a message and your call will be returned as soon as possible.

Come Celebrate Valentine's Day with us by joining this great workshop!



The workshop is designed for you to experience and understand **LOVE** as a tool to help improve your well-being. During the workshop we will have relaxation exercises facilitated by our Certified Massage Therapists.

Date:
Wed. Feb. 14 • 12:30-2:30 pm

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

Please register at the main desk 508-799-1232 by Feb. 7th

Vietnamese, Mandarin Chinese, Albanian, Spanish and Portuguese Interpreters Available.

The workshop is sponsored by the generosity of **TUFTS Health Plan**

AARP TAX-AIDE: This program helps low and middle income taxpayers, those who earn under \$60,000 of the Federal Adjusted income and file their Federal and Massachusetts personal income tax returns. Special attention is given to senior taxpayers over 60 years of age. AARP TAXAIDE volunteers assist in filing: Basic income tax forms, schedules, including forms for earned income, retirement income, interest and dividend income, itemized deductions, earned income credit, Child Tax and Education credits. Ap-ointments: Mondays, Wednesdays & Fridays, 12-3:30 pm beginning February 2nd. Call 508-799-8062 to schedule your appointment. Docu-ments required: Proof of identity (a driver's license or social security form including social security number) and all tax documents. Call 508-799-1232 if you need more information on documents required.



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Knollwood Nursing Center
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SUPPORT SERVICES

Advocacy, information services and application assistance:

call 508-799-1233, or 508-799-8067, or 508-799-8030 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.

Big Book Step Study

Meeting Fridays 12-1:30 pm. For more info call Doreen K. at 508-981-8436.

FALL INTO HEALTHY HABITS WITH QCC'S DIETARY MANAGEMENT PROGRAM'S FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. The program offers meals every Friday throughout the month. Here is your opportunity to enjoy a fresh and nutritious meal prepared for you to enjoy in your own home. We are open to the public and we offer ready meals for pick up at Bobby M's Diner, **Fridays, 12-3pm**.



Our students work hard to offer a menu that uses fresh and local foods high in vitamins, minerals and proteins. Most of our menu items are diabetic friendly, lower in salt, fat and cholesterol and foods on our menu are made from scratch.

We encourage participants to make reservations in advance, in order for us to prepare adequate amounts; students can learn to plan & budget meals more effectively and help keep food costs down, so savings can be passed onto you! Please contact Rebecca King or Brandi Manca @ Bobby M's with any questions regarding the menu and/or make reservations. Meals** are **\$5.00 flat rate** and reservations are strongly recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **508-799-8068**.

**meals are packed in Eco-Friendly containers, microwave safe & labeled with all ingredients (with allergy awareness), reheat instructions & meals are dated with a five day expiration for food safety.

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.prescriptionadvantagemg.org.

Can I still change my Medicare Plan?

The 2017 Medicare Open Enrollment period ended on December 7, but people may still be allowed to change plans. For Plan year 2018 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 too, one of the Tufts Medicare Preferred Plans at any time between Dec. 8, 2017 and Nov. 30, 2018. Blue Cross/Blue Shield Part D Plans have. Also be designated as Five Star and the same enrollment guidelines apply. This is a great opportunity if you missed the Open Enrollment deadline. For those with a Medicare Advantage Plan: Between Jan. 1 & Feb. 14, you can leave your plan and switch to Original Medicare, but you cannot switch to another Medicare Advantage Plan. If you drop your Medicare Advantage plan during this period, you will be able to join a Medicare Prescription Drug Plan to add drug coverage. Your Original Medicare coverage and your prescription drug coverage will begin the first day of the month after your enrollment. You may also add a supplement (Medigap) at this time. This could be an opportunity to upgrade your coverage if you failed to make a change during the Open Enrollment Period. 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 every month.

SHINE Volunteers: Elena Nasitano, Hazel Nourse, Ray Hayes, Robin McGrath, and John Quigley. **Appointment required,** call: 508-799-8030. **You can also visit us on the internet at www.shinema.org.**

CAREGIVER SUPPORT GROUP with St. Francis Rehab and Nursing Center Thurs. Feb 22 • 9:30-11 am

Come join us, this is your time, an opportunity to connect with other caregivers and share in the joy, challenges, frustrations, and triumphs of caregiving. Please register by calling 508-799-1232. Enjoy refreshments and raffles.

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 **February 8th:** Vegetable Curry (assorted roots stewed with mild curry flavor, coconut cream, soy chick'n, onion, lemongrass) served with bread.

RAINBOW LUNCH

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



TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates: Linda (508-799-1233), Yung (508-799-8067) or Lindita (508-799-8030).

Two WRTA routes service the Worcester Senior Center:

Route # 1 travels on Providence St. and stops in front of the senior center and **route #11** operates on the Vernon St. side of the senior center. You will have to walk up Spurr St. With a WRTA disability or senior ID, the cost is **\$0.85** with other options available for frequent riders without the WRTA ID the cost is **\$1.75**. Information is available at the HUB's Customer Service window or call the WRTA customer service at 508-453-3462. If you need assistance with learning the bus routes in the Worcester area the WRTA has a free travel-training program to assist you. Call 508-453-3451 to make an appt.

BLANKETS FOR BABIES

Yarn needed request for light or "baby" colors, "worsted weight yarn" only.

MEMORY CAFE - Tuesday, Feb 20 • 2 - 3:30 pm

Are you caring for a loved one with Alzheimer's or some other type of dementia? Come visit the **memory café**. It is a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease. **The afternoon will consist of conversation, entertainment (such as, music, arts, games, etc.), along with refreshments, and hopefully, some, laughter.** Funded in part by the MA Executive Office of Elder Affairs via the MA Association of Councils on Aging.



NEW!!! CHINESE MANDARIN CLUB

Drop in Fridays, 12:30-1:30 pm
Share your knowledge, exchange experiences, and discuss various topics of the Chinese language and culture with Chinese natives. Hosted by Mandarin/English bilingual students from Clark University. All levels of understanding and experience about Chinese Mandarin are welcome.

CHINESE ELDER PROGRAM EVERY FRIDAY:

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

Contact Mr. LuChen Cao 508-799-8069 / CaoL@Worcesterma.gov (Chinese) or Yung Phan 508-799-8067 / PhanD@Worcesterma.gov (English)

每星期五 中國老年人活動節目
上午九點：做操鍛煉與早茶
十點：ESL英語課
十一點半：午飯
下午十二點半：中文課（普通話）
與曹履成先生聯係（中文）：電話：508-799-8069、電子郵件：CaoL@Worcesterma.gov
或與Yung Phan 聯係（英文）：電話：508-799-8067、電子郵件：PhanD@Worcester.gov

Bác có biết?

Tiểu bang Massachusetts (viết tắt MA hoặc Mass)
Thành lập: ngày 6 tháng Hai năm 1788
Dân số: hơn 6.8 triệu, trong đó hơn 1 triệu được sinh ra ở nước ngoài
Diện tích: 27.340 km² (10.555 dặm vuông), 25,7% là nước
Thủ phủ: Boston
Tổng thu nhập hàng năm: \$446 tỉ Mỹ kim (2013)
Thu nhập bình quân đầu người: \$53.221, đứng thứ ba trên cả nước (2013)
Những ngành kinh tế chủ đạo: giáo dục nâng cao, kỹ thuật hóa sinh, tin học, kỹ thuật cao cấp, tài chính, chăm sóc y tế, du lịch, nông nghiệp và quốc phòng.
Tổ chức phi lợi nhuận (NGO): 33.000, tạo việc làm cho 1/6 tổng số lượng lao động
Trong năm 2017, Báo cáo Tin tức Hoa kỳ và Thế giới xếp hạng Massachusetts đứng đầu trên toàn nước Mỹ dựa theo 60 tiêu chuẩn bao gồm: chăm sóc y tế, giáo dục, phòng chống tội phạm, hạ tầng cơ sở, cơ hội, kinh tế, và chính quyền.
Những nhân vật nổi tiếng lịch sử: John Adams (Hiến pháp Hoa kỳ), Joseph P. Kennedy (Đại sứ), John F Kennedy (Tổng thống), Robert Kennedy (TNS), Eunice Kennedy Shilver (TVH Olympic cho người Khuyết tật), Edward Kennedy (TNS), Edward Brook (TNS da đen đầu tiên), George H. W. Bush (Tổng thống).



Chúc các bác Cao Niên và gia quyến một năm Mậu Tuất an khang thịnh vượng!

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

Arabic Elder Group

LATINO CLUB 60+
Mondays & Fridays, 9:30-11:30 am
Contact Mariana O'Brien, Club 60+ Latino Elder Group Coordinator 508-799-1997 for more information about the program.

EL CLUB LATINO 60+
Los lunes y Viernes
Para más información, puede comunicarse con Mariana O'Brien, a 508-799-1997.

La Importancia de la Actividad Física en los Años Dorados

En el 2014, la Revista de la Asociación Americana de Medicina publicó un estudio que demuestra que para que los adultos mayores reduzcan el riesgo de convertirse en una **persona de movilidad reducida (PMR)**, un programa estructurado a largo plazo de actividad física moderada de es más efectivo que un programa de educación de salud.

Aunque los programas de educación de salud para adultos mayores son importantes, la capacidad de caminar 400 metros es considerada como crucial en el mantenimiento de una alta calidad de vida e independencia en su comunidad. Las **personas de**

movilidad reducida (PMR) son aquellas que tienen permanente o temporalmente limitada la capacidad de moverse sin ayuda externa. Este estudio define "movilidad reducida" como la falta de capacidad para caminar 400 metros en 15 minutos sin ayuda y sin sentarse. El problema es que la pérdida de movilidad está asociada a mayores índices de discapacidad, mortandad y mortalidad.

Póngase en control de su salud y comience su programa ahora. El Worcester Senior Center le ofrece una selección de opciones para que planee su régimen de actividad física. Usted puede elegir entre clases de Tai Chi, Yoga, aerobics, or Joe Fish Fitness y el club de caminantes (Walking Club).

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Worcester, MA 01605

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TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/18.

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www.texasroadhouse.com

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Worcester, MA 01605

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TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 2/28/18.



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
|  | | | Fish w/Crumb Topping 1 Rice Pilaf Brussel Sprouts Tapioca & Diet Alternate: SOUP DU JOUR SLICED TURKEY | BBQ Chicken 2 Mashed Potatoes Country Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR N.Y. PASTRAMI |
| Roast Pork w/ Gravy 5 Mashed Sweet Potatoes Jardiniere Vegetables Goldfish Grahams Alternate: SOUP DU JOUR CHICKEN SALAD | Salmon Boat w/Dill Sauce 6 Mashed Potatoes Mixed Vegetables Yogurt Alternate: SOUP DU JOUR HAM SALAD | Chicken Fajitas 7 Spanish Rice Black Beans & Corn Pineapple Sour Cream Alternate: SOUP DU JOUR SLICED ROAST BEEF | Cold Roast Beef Sandwich 8 Lettuce & Tomato Potato Salad Beet Salad Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD | Beef and Bean Chili w/ Cheese 9 Baked Potato Roman Blend Vegetables Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD |
| Sesame Beef 12 Steamed White Rice Carrots Pineapple Fortune Cookie Alternate: SOUP DU JOUR ALBACORE TUNA SALAD | Chicken & Sausage Gumbo 13 Paella Rice Peas Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN FILET w/RANCH | Lasagna 14 Corn Niblets Broccoli Cheesecake Mousse Congregate = Garden Salad Alternate: SOUP DU JOUR TURKEY CAPE COD | Hot Dog on Bun 15 Baked Beans Cole Slaw Fresh Fruit Mustard Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD | Potato Crunch Fish 16 Lemon Seasoned Potato Peas & Mushrooms Granola Bar Alternate: SOUP DU JOUR CORNED BEEF |
| President's Day 19 NO MEAL SERVED | Sloppy Joe 20 Potato Wedges Mixed Vegetables Sliced Peaches Alternate: SOUP DU JOUR TURKEY SALAD | Turkey a la King 21 Cranberry Stuffing Brussel Sprouts Diced Pears Alternate: SOUP DU JOUR N.Y. PASTRAMI | Meatloaf w/ Gravy 22 Garlic Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Plain Birthday Cake Alternate: SOUP DU JOUR HAM SALAD | Mac n Cheese 23 Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR SLICED ROAST BEEF |
| Swedish Meatballs 26 Bowtie Pasta Scandanavian Vegetables Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD | Pork Rib-i-que 27 Mac n Cheese Side Chuckwagon Corn Strawberries/Whip Cream Alternate: SOUP DU JOUR ALBACORE TUNA SALAD | Chicken Morney 28 Couscous Roman Blend Vegetables Yogurt Alternate: SOUP DU JOUR CORNED BEEF | MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-852-3205 between 9 & 1 pm at least 2 days in advance by 10:30 a.m., to reserve a meal. | |



"Let It Snow" WSC Holiday Party 2017



MONDAY

TUESDAY

WEDNESDAY



9-11:30 CRIBBAGE TOURNAMENT
9-1 BEGINNER SCRABBLE
 9:15-9:45 Monday Tai Chi
 9:30-11:30 Latino Club 60+
 10-11:30 BP Clinic by Homecare Solutions
 10-11:30 Yoga for the Active Senior
 10-12 Cribbage
 10-1 Scrabble
 11-12 Spanish Class
12-3:30 AARP TAX PREP - by Appt only
 12:30-1:30 Beginner Spanish
12:30-1:30 HEALTHY LIVING SUPPORT GROUP

12:30-1:30 ZUMBA GOLD
1-3 HAPPY QUILTERS

5

9-10 Aerobics
9:30-11:30 WINTER MOBILE MARKET
 9-12 SHINE Counselor -Appt. Only
 10-11 Joe Fish Fitness
 10-11 Osteo Exercise/Maint.
 10-12 Cribbage
10-12 FALLON REPRESENTATIVE
 10:30-12 Arabic Elder Group
 11-11:45 Albanian Elder Group
 11-12 Osteo Exercise/Maint
11-1 MIXED MEDIA ART EXHIBIT
12-1 TAI CHI PRACTICE GROUP
 12:30-2 Sewing Class

2-3:30 Radio Show

6

9-11:30 Mah Jongg
 9-12 Billiards for Women
 9-12 Manicures by Sophie
10-10:30 PETS AND PEOPLE
 10-11:30 Mixed/Gentle Yoga
10-12 ACRYLIC PAINTING CLASS
 10-12 Cribbage
10:30-11:30 CELEBRATING BLACK HISTORY MONTH
10:30-12 CONVERSATIONAL ENGLISH CLUB
 10:30-12:30 Open Bridge
 11:30-12 Gordon Creamer Organ Player
12-1 VIETNAMESE DANCE CLASS
 12-3:30 AARP TAX PREP - by Appt only

9-10 SEN MOORE OFFICE HOURS
9-1 BEGINNER SCRABBLE
 9:15-9:45 Monday Tai Chi
 9:30-11:30 Latino Club 60+
9:30-11:30 PITCH TOURNAMENT
 10-11 BP Clinic by Overlook VNA
10-11 WPI CUSTODIAN & AUTHOR
10-11:30 CRAFT CLASS WITH LAUREL
 10-11:30 Yoga for the Active Senior
 10-12 Cribbage
 10-1 Scrabble
 11-12 Spanish Class

12-3:30 AARP TAX PREP - by Appt only
 12:30-1:30 Beginner Spanish
12:30-1:30 ZUMBA GOLD

12

9-10 Aerobics
9:30-11:30 WINTER MOBILE MARKET
 9-12 SHINE Counselor -Appt. Only
 10-11 Joe Fish Fitness
 10-11 Osteo Exercise/Maint.
 10-12 Cribbage
 11-11:45 Albanian Elder Group
 11-12 Osteo Exercise/Maint.
12-1 TAI CHI PRACTICE GROUP
12-1 LIBRARY OUTREACH
12:30-1:30 LAUGH FOR THE

HEALTH OF IT
 12:30-2 Sewing Class
 2-3:30 Radio Show

13

9-11:30 Mah Jongg
 9-12 Billiards for Women
 9-12 Manicures by Sophie
10-10:30 PETS AND PEOPLE
 10-11:30 Mixed/Gentle Yoga
10-12 ACRYLIC PAINTING CLASS
 10-12 Cribbage
10:30-11:30 VALENTINE'S DAY ENTERTAINMENT
10:30-12 CONVERSATIONAL ENGLISH CLUB
 10:30-12:30 Open Bridge
 11:30-12 Gordon Creamer Organ Player

CLOSED- PRESIDENT'S DAY



19

9-10 Aerobics
9:30-11:30 WINTER MOBILE MARKET
 9-12 SHINE Counselor -Appt. Only
9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE
 10-11 Joe Fish Fitness
 10-11 Osteo Exercise/Maint.
 10-12 Cribbage
 10:30-12 Arabic Elder Group
 11-11:45 Albanian Elder Group
 11-12 Osteo Exercise/Maint.

12-1 TAI CHI PRACTICE GROUP
 12:30-2 Sewing Class
2-3:30 MEMORY CAFÉ
 2-3:30 Radio Show

20

9-11:30 Mah Jongg
 9-12 Billiards for Women
 9-12 Manicures by Sophie
10-10:30 PETS AND PEOPLE
 10-11:30 Mixed/Gentle Yoga
10-12 ACRYLIC PAINTING CLASS
 10-12 Cribbage
 10:30-12:30 Open Bridge
10:30-12 CONVERSATIONAL ENGLISH CLUB
 11:30-12 Gordon Creamer Organ Player
12-1 VIETNAMESE DANCE CLASS
 12-3:30 AARP TAX PREP - by Appt only

9-1 BEGINNER SCRABBLE
 9:15-9:45 Monday Tai Chi
 9:30-11:30 Latino Club 60+
9:30-11:30 PITCH TOURNAMENT
 10-11 BP Clinic by Overlook VNA
 10-11:30 Yoga for the Active Senior
 10-12 Cribbage
 10-1 Scrabble
 11-12 Spanish Class
12-3:30 AARP TAX PREP - by Appt only

12:30-1:30 Beginner Spanish
12:30-1:30 DISTINGUISHED SPEAKER SERIES
12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING
12:30-1:30 ZUMBA GOLD

26

9-10 Aerobics
9:30-11:30 WINTER MOBILE MARKET
 9-12 SHINE Counselor - Appt. Only
 10-11 Joe Fish Fitness
 10-11 Osteo Exercise/Maint.
 10-12 Cribbage
10:30-11:30 RSVP LETTER WRITING
 11-11:45 Albanian Elder Group
 11-12 Osteo Exercise/Maint.

12-1 TAI CHI PRACTICE GROUP
 12:30-2 Sewing Class
12:30-2:30 PODIATRY CLINIC- by Appt Only
2-3 LIBBY
 2-3 Osteo Nutrition Maint
 2-3:30 Radio Show

27

9-11:30 Mah Jongg
 9-12 Billiards for Women
 9-12 Manicures by Sophie
10-10:30 PETS AND PEOPLE
 10-11:30 Mixed/Gentle Yoga
10-12 ACRYLIC PAINTING CLASS
 10-12 Cribbage
 10:30-12:30 Open Bridge
11-12 CONVERSATIONAL ENGLISH CLUB
 11:30-12 Gordon Creamer Organ Player

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DAY

THURSDAY

FRIDAY



9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-11 BP Clinic by Walgreens
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group

1-3 Ping Pong
1-4 Friends BINGO

1

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-3 VISITING DENTAL ASSOC of CENTRAL MA- by Appt Only
9:30-11:30 Latino Club 60+
10-11 Osteo Exercise/Maint
10-11:30 ADULT COLORING
10-11:30 Chinese ESL
10-12 Cribbage
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint

12-1 Ballroom Dance
12-1:30 Big Book Step Study
12-3:30 AARP TAX PREP - by Appt only
12:30-1:30 Chinese Mandarin
1-3 Card Playing
1-3 FRIDAY FLICK - "THE BOOK OF HENRY"
1-3:30 Watercolor/Mixed Media
1:30-3:30 WHEELCHAIR SQUARE DANCING

2

12:30-2:30 Crochet & Knit for Fun
1-2 FLOWER ARRANGING
1-2 TWO SHOTS-ONE ILLNESS
1-3 Pitch
1:30-2:30 STRENGTH & BALANCE CLASS
1:30-3 Open Bridge
2-3 FLOWER ARRANGING
2-4 SHINE Counselor -by Appt. Only
2:30-3:30 TAI CHI FHA PRACTICE GROUP
3:30-4:30 Tai Chi with Master Kennan

7

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
10-11 BP Clinic by Shaw's
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10-2:30 OIL PAINTING
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group

11:45-12:30 VEGETARIAN LUNCH (Reservation required)
1-3 Ping Pong
1-4 Friends BINGO

8

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-11 Osteo Exercise/Maint
10-11:30 Chinese ESL
10-12 Cribbage
10:30-11:30 LEARN AND MAKE ESSENTIAL OILS
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
12-1:30 Big Book Step Study

12-3:30 AARP TAX PREP - by Appt only
12:30-1:30 Chinese Mandarin
1-3 Card Playing
1-3 FRIDAY FLICK - "THE GLASS CASTLE"
1-3:30 Watercolor/Mixed Media
1:30-3:30 WHEELCHAIR SQUARE DANCING

9

12-1 VIETNAMESE DANCE CLASS
12-3:30 AARP TAX PREP - by Appt only
12:30-2:30 Crochet & Knit for Fun
12:30-2:30 TUFTS LOVE WORKSHOP
1-3 Pitch
1:30-2:30 STRENGTH & BALANCE CLASS
1:30-3 Open Bridge
2-4 SHINE Counselor -by Appt. Only
2:30-3:30 TAI CHI FHA PRACTICE GROUP
3:30-4:30 Tai Chi with Master Kennan

14

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-12 RSVP-Blankets For Babies
10-11 BP Clinic by Acclaim Whole Health
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group
1-2 BOOK DISCUSSION CLUB

1-3 Ping Pong
1-4 Friends BINGO

15

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-11 Osteo Exercise/Maint
10-11:30 ADULT COLORING
10-11:30 Chinese ESL
10-12 Cribbage
10-12 MAB Low Vision Support Group
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance

12-1:30 Big Book Step Study
12-3:30 AARP TAX PREP - by Appt only
12:30-1:30 Chinese Mandarin
1-3 Card Playing
1-3 FRIDAY FLICK - "SENSE OF AN ENDING"
1-3:30 Watercolor/Mixed Media
1:30-3:30 WHEELCHAIR SQUARE DANCING

16

12:30-2:30 Crochet & Knit for Fun
1-3 Pitch
1:30-2:30 STRENGTH & BALANCE CLASS
1:30-3 Open Bridge
2-4 SHINE Counselor -by Appt. Only
2:30-3:30 TAI CHI FHA PRACTICE GROUP
3:30-4:30 Tai Chi with Master Kennan

21

9-10 Aerobics
9:15-9:45 Tai Chi
9:30-10:30 Beginner ESL
9:30-10:30 BP Clinic by St. Mary's
9:30-11 CAREGIVER SUPPORT GROUP
9:30-12 RSVP-Blankets For Babies
10-11 Joe Fish Fitness
10-12 Cribbage
10-1 SHINE Counselor -Appt. Only
10-2 African American Elder Group
10:30-11:30 Vietnamese Elder Group
11-11:45 Albanian Elder Group

1-3 Ping Pong
1-4 Friends BINGO

22

9-10 Chinese Elder Group
9-10 Gentle Yoga with Nancy
9:15-9:45 EASY TAI CHI
9:30-11:30 Latino Club 60+
10-11 Osteo Exercise/Maint
10-11:30 Chinese ESL
10-12 Cribbage
11-12 BEGINNER FRENCH
11-12 Osteo Exercise/Maint
12-1 Ballroom Dance
12-1:30 Big Book Step Study
12-3:30 AARP TAX PREP - by Appt only

12:30-1:30 Chinese Mandarin
1-3 Card Playing
1-3 FRIDAY FLICK - "THE MOUNTAIN BETWEEN US"
1-3:30 Watercolor/Mixed Media
1:30-3:30 WHEELCHAIR SQUARE DANCING

23

12-1 VIETNAMESE DANCE CLASS
12-3:30 AARP TAX PREP - by Appt only
12:30-2:30 Crochet & Knit for Fun
1-3 Pitch
1:30-3 Open Bridge
2-4 SHINE Counselor -by Appt. Only
2:30-3:30 TAI CHI FHA PRACTICE GROUP
3:30-4:30 Tai Chi with Master Kennan

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WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability of staff 24-hours, and emergency call system in each apartment.

Homestead Hall provides personal care, medication management, and social programs in a residential homelike environment. All rooms are private with private en-suite half-baths. Set on over an acre of land in a secluded, private, residential setting in the heart of Worcester.

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



Volunteers do not necessarily have the time; they just have the heart.

Worcester Area Volunteers appreciates all the men and women, and that one special canine that are serving locally with RSVP and truly making a difference in Worcester county.

Should you meet one of the "Books for Babies" volunteers in a local hospital, notice the joy their sharing with a brand new mother and child, as those books begin a lifetime of learning.

Have you called the Senior Fraud HelpLine @ 1-800-297-9760? If so, you've been helped by volunteers that are informed and up to date on the latest local scams. A special thank you to these volunteers as they assist callers with questions, concerns and fraud related mayhem.

If you're looking for an opportunity to serve and are wondering how your talents could benefit others, contact Kathy at 508-791-7787.

A NEW YEAR TO VOLUNTEER

Become the change you wish to make, do not fear, become a Senior Companion Volunteer!!

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

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- You can volunteer in the home or at a participating facility
- Most importantly an opportunity to give back to your community through the Love of your volunteer efforts!!



Please call Joy Rehfeld @ 508-791-7783

The Senior Companion Program & RSVP are sponsored locally by Family Services of Central MA

CITY OF WORCESTER PUBLIC NOTICE



The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions. Eligibility requirements: 1) registered voter; 2) resident in district for one year (except for Executive Boards); 3) not a City employee (except for Advisory Boards).

For more information and to download an application: www.worcesterma.gov/boards-commissions or call Jeannie at 508-799-1175. Applicants from under-represented groups in the City are encouraged to apply.



Worcester Academy Middle School Ensemble Performance



Bemis Farms Holiday Arrangement Class



Annual Polar Express with Union Hill 1st Graders



Colony Retirement Homes III

101 Chadwick Street · Worcester, MA 01605

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

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

COLONY^{III}

1 and 2 bedroom availability. Eligibility income limit is \$47,600 for one person, and \$54,400 for two persons. Call for more details.

(508) 755-0444

www.colonyretirementhomes.com



Country Living in the City
Garden Style Apartments

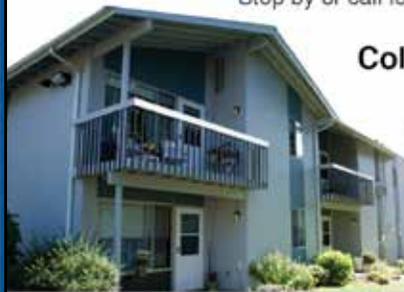
The apartments for seniors at Colony Retirement Homes I are located in a country like setting. A short walk takes you to shopping, restaurants, banks, the bus line, and much more. Come and see for yourself.

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

Colony Retirement Homes I

485 Grove Street
Worcester, MA 01605

(508) 852-5285



www.colonyretirementhomes.com



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

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

CASINO TRIPS: Price \$20. Must be paid when making reservation.
February Casino Trips - **CANCELLED**

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

DINE OUT will resume in the spring.

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.

Trips '18

Please note: prices have changed for Resorts Atlantic City Special, some due dates have also changed. SIGN UP EARLY. A minimum number of passengers required for a trip to be able to go!

NEW 2018

FOXWOOD CASINO TRIPS 2018 - Fridays, March 9th, April 6th, May 4th, June 8th July 13th, Aug. 10th, Sept. 7th, October 5th Nov. 2nd, Dec. 7th

DAY TRIPS

Wednesday, Feb. 28th Newport Playhouse "Remember Me"
Outstanding Buffet Lunch, Fabulous Show & Great Cabaret. \$94.00/per person. Due: 1/31/18

Tuesday, March 20th Aqua Turf Saint Patrick's Lunch & Show
\$89.00/per person Due 2/15/18

Monday, April 23rd "The Kings and Queens of Country" at the Log Cabin \$94.00/per person Due 3/22/18

Wednesday, May 2nd Red Sox at Fenway \$104.00/per person Due 4/1/18

Tuesday, May 15th Twin River Casino Special \$29.00/per person Due 4/10/18

Saturday, June 16th Statute of Liberty, Ellis Island & 9/11 Memorial \$104.00/per person Due 5/10/18

Friday, July 27th Tribute to Frank Sinatra \$97.00/per person Due 6/6/18

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Sunday, April 15th to Tuesday April 17th - Resorts Atlantic City Special, Tour Includes: \$60.00 Food Credit, \$25.00 Slot Play & A Resorts Show - All Tips Included 255.00/PP Dbl, \$251.00/PP Triple, \$335.00/PP Single

Wednesday, June 20 - 22, 2018 - Penn Dutch Showstopper "Sight & Sound Millennium Theatre", performance of "Jesus" 4 Meals, 2 Breakfast, 2 Dinner must see flyers for full information. \$500.00pp/Dbl, \$490.00pp/triple, \$600.00pp/ single. \$50.00 DEPOSIT DUE 3/13/18

Saturday, August 26-27 - 2018 Saratoga Racing (2 days)
\$315.00/PP Dbl, \$305.00/PP Triple \$415.00/PP Single. \$50.00 DEPOSIT DUE 5/18/18

Tuesday, September 4-7 - Niagara Falls (4 days/ 6 meals)
\$100.00 DEPOSIT DUE w/reservation. \$798.00/PP Dbl \$769.00/PP Triple \$1088.00/PP Single. FINAL PAYMENT 7/20/18. PASSPORT NEEDED FOR THIS TRIP.

AND BINGO IS OUR NAME-O!

Congratulations to the FRIENDS Board of Directors and its Bingo team for completing its fifth year as Central Massachusetts' only afternoon Bingo game sanctioned by the Massachusetts State Lottery Commission.



Every Thursday, from 1:00 PM - 3:30 PM, our Bingo Bonanza players take home up to \$1100 in cash or more. FRIENDS Bingo is a wonderful weekly fun, social and profitable event for our players.

We welcome experienced and novice players so bring some friends. And Connie's Cof-fee Corner is always open for Bingo snacks.

ANNUAL APPEAL: 2018

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, pro-grams 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
508-799-1200

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 8, NO. 2, FEBRUARY 2018

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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

1 First principles
5 Office of Economic Development (abbr.)
8 Study
12 Borrowed money
13 Having (suf.)
14 Great Lake
15 Asian desert
16 Backward
17 Ancient weight
18 To the rear
20 United Nations Intl. Children's Emergency Fund (abbr.)
22 Andiron
25 Atomic Energy Commission (abbr.)
28 Own (Scot.)
29 Once (Lat.)
33 Jack-in-the-pulpit
35 Luzon people

DOWN

1 Sea lettuce

37 Textile fiber
38 Rom. ancestral spirits
40 Mountain on Crete
42 Television channel
43 Sickness (Fr.)
46 Each
49 Gardening tool
53 Alaska Hawaii Std. Time (abbr.)
54 Hebrew letter
57 Coagulated substance
58 Death rattle
59 Prepare leather
60 Formerly
61 Elbe tributary
62 Slip
63 Shak. contraction

ANSWER TO PREVIOUS PUZZLE

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| A | B | E | D | T | A | O | S | A | I | S |
| M | E | T | R | A | G | O | N | D | N | A |
| I | N | C | A | K | A | L | O | O | I | L |
| | B | E | E | A | R | A | R | A | T | |
| O | R | B | | C | P | R | T | B | A | |
| C | E | A | | T | A | A | L | E | T | R |
| T | A | R | | O | R | B | I | T | I | O |
| A | L | B | A | | T | I | M | E | O | B |
| | | A | R | M | | D | E | A | | N |
| A | R | R | E | S | T | | T | L | C | |
| L | A | I | | S | A | A | R | | A | A |
| O | R | A | | R | A | R | E | | M | A |
| P | E | N | | S | L | O | E | | E | A |

2 Simpleton
3 Woman's work basket
4 Whiff
5 Away
6 Europe (abbr.)
7 Cirrus
8 Quill feathers
9 Viking

10 Senior (Fr.)
11 Unable to hear
19 Aunt (Sp.)
21 Disease (pref.)
23 Inlet
24 Abstract being
25 Mulberry of India
26 Equal Rights Amendment (abbr.)
27 Vehicle
30 Son of, in Gaelic names
31 Subside
32 Exudate plant
34 Agriculture goddess
36 Subjoin
39 Skin vesicle
41 S. A. sloths
44 Phil. island
45 Experimental Prototype Community of Tomorrow (abbr.)
46 Rhine tributary
47 Destroying (pref.)
48 Ait
50 Indian buffalo
51 Leader (Ital.)
52 Eng. statesman
55 Rower
56 Department of Natural Resources

| | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 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 | | | | 59 | | | | 60 | | | |
| 61 | | | | 62 | | | | 63 | | | |

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