

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 5, MAY 2019



## WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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

## Safe, Comfortable, Affordable Senior Living

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

### Dodge Park

- Memory impaired program for Alzheimer's & Dementia residents
- 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

**SEE PG 5 FOR FEATURED PROGRAMS**

**WALKING CLUB KICK-OFF**  
Thursday, May 2 • 9-10 am

**MOTHER'S DAY CONCERT WITH  
JEMS "YOUNG OF HEART SINGERS"**  
Fri. May 10 • 10:30 - 11:30 am

**RON ROSENSTOCK'S  
ARTIST RECEPTION**  
Tues. May 14 • 11 am-12 noon

**SPEND THE DAY AT THE  
WORCESTER SENIOR CENTER!**  
DISTINGUISHED SPEAKER SERIES CONTINUES.....  
WITH CATHERINE KLING NOURSE, MPH, RDN, LD  
NUTRITIONIST  
Wed. May 29 • 10:30-11:30 am  
&  
FAMILY LETTERS OF  
ABBY KELLEY & STEPHEN FOSTER  
Wed., May 29 • 1-2 pm



Antique Appraisal Day with  
Central Mass Auctions



Bone Density  
Screening



Artist reception with  
Alyssa Pelletier



Albanian Elder Group  
working with nursing  
students



MCPHS students offer  
Senior Fitness Test



Financial Health  
program with  
Worcester  
County  
Probate &  
Family Division

WORCESTER SENIOR CENTER PRESENTS

# THE SENIOR SCOOP

*taking you in new directions*



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

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

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

## WORCESTER SENIOR CENTER

**128 Providence Street, Worcester, MA. 01604**

PHONE: **508-799-1232**

FAX: 508-799-1743

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

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

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



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

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## CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



**508-852-2670** | 65 Briarwood Circle | Worcester, MA 01606

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

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

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**508-853-6910** | 87 Briarwood Circle | Worcester, MA 01606

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



**FREE DROP IN COLORING FUN**

Friday, May 10 • 10-11:30 am  
2nd Friday of the month. Relaxing & fun!!

**MONTHLY CRAFT CLASS WITH MAUREEN CARLOS**

Monday, May 13 • 10-11:30 am  
Project: Mother's Day Arrangement \$3.00.  
Call 508-799-1232 to register.



**THE LIBRARIANS ARE COMING**

Tuesday, May 14 • 12-1 pm  
We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

**HERBERT E. BERG FLOWER ARRANGING**

Wednesday, May 8 • 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.

**WOOD BURNING ART CLASS**

Thursday, May 2 & 16 • 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.

**OIL PAINTING WITH DARRELL CROW**

Thursday, May 9  
10-2:30 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: **Deep Wilderness Home.** A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



**BOOK DISCUSSION**  
Thursday, May 16 • 1-2 pm  
We are reading "Saints for All Occasions" by J. Courtney Sullivan. A graceful, supremely moving novel from one of our most beloved writers, Saints for All Occasions explores the fascinating, funny, and sometimes achingly sad ways a secret at the heart of one family both breaks them and binds them together. **In June we are reading "The Lighthouse Keeper's Daughter" by Hazel Gaynor.**

**NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD**  
Monday, May 20 • 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.

**SOIL HEALTH BY REC**  
Tuesday, May 14 • 10:30-11:30 am  
Pat Baronsky, UGROW Coordinator, from the Regional Environmental Council (REC) will speak on soil health, utilizing compost, and techniques for creating optimal compost. Call 508-799-1232 to register.

**LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY**  
Tuesday, May 28 • 2-3 pm  
Great book selections and DVD's, Come check it out!!

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

**FREE DRUMMING WITH MIKE LEO**  
Tues, May 7, 21 & 28 • 1:30-2:30 pm  
Participate in the joy of making music together. A wide variety of drums and percussion instruments will be available for you to explore. Mike will lead you through a series of interactive musical games, activities and songs. No musical experience necessary. Please register by calling 508-799-1232. **This program is sponsored by the MA Executive Office of Elder Affairs.**

**THE MICROBIOME: MEMORY AND HEALTHY LIVING**  
Tues, May 28 • 10:30-11:30 am  
Dr. John Haran and his team from UMass Medical School will talk about the intestinal microbiome and how it affects health and memory as you age. They are enrolling subjects into a study looking at the microbiome and how it relates to memory function and overall health. This is part of a larger study going on across Massachusetts. Refreshments will be served. Call 508-799-1232 to register.



**WATERCOLOR / MIXED MEDIA**  
Fridays, 1-3:30 pm  
Learn easy methods for creating images of things we see or think about such as flowers, birds, animals, landscapes, seascapes, as well as people. Come and explore your hidden talents. Have fun and paint with Elio Sonsini. \$15 per session. Sign up at the front desk or call 508-799-1232.

**WE'VE GOT TO HAVE FRIENDS!**  
Thank you Friends of Worcester's Senior Center for supporting Valentine's Day fun, crafts and refreshments!

- COMING IN JUNE**
- Bemis Farm Summer Arrangement  
Mon. June 17th 1pm
  - Distinguished Speaker Series continues with Allen Fletcher  
Wed. June 26th, 10:30 am
  - Summer Concert Series Kick Off with "Shades of Gray" A Civil War Era Band  
Wed. June 26th, 12:30 pm
  - June Artist Exhibit by Elio Sonsini and Watercolor Students



**SENIOR CENTER FRIDAY FLICKS**  
  
SHOWS MOVIES EVERY FRIDAY AT 1 PM  
  
CALL 508-799-1232 TO FIND OUT WHAT'S PLAYING!

**WALKING CLUB KICK-OFF**

Thursday, May 2 • 9-10:30 am

Start with **Benefits of Walking** and quick stretch with **Jenny Linch** and then head to Worcester Academy's Gaskill Field as a group with Jenny for our first official walk of 2019! 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.



**MOTHER'S DAY CONCERT WITH JEMS "YOUNG OF HEART SINGERS"**

Friday, May 10 • 10:30-11:30am

Music in honor of mothers for Mothers' Day. Performances will also feature the music of Nat "King" Cole in honor of his 100th birthday year, and Judy Garland in recognition of the 50th anniversary of her death. There might also be a visit from another centenarian, Mr. Showmanship - Liberace! Refreshments will be served.



**RON ROSENSTOCK'S ARTIST RECEPTION**

Tuesday, May 14 • 11 am-12 noon

Ron Rosenstock studied photography with Minor White in private workshops and has had over 150 exhibits in museums and galleries in the United States and abroad. He has published six books that feature his photography and written numerous articles for photography magazines worldwide. He has been teaching the art and craft of photography since 1969 and has also been a member of the United States State Department's Art for Embassies program since 1998. Refreshments will be served. Ron Rosenstock is being represented by Sbrogna's Artistic Promotions.



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

**DISTINGUISHED SPEAKER SERIES CONTINUES..... WITH CATHERINE KLING NOURSE, MPH, RDN, LD NUTRITIONIST**

Wednesday, May 29 • 10:30-11:30 am



Catherine Nourse, MPH, RDN, LD; Dietitian-in-Residence at Nourse Farm, will present **Food for Thought—Our Connection with Food and Nutrition:** Let's connect the dots between the food choices we make with the nutrition our bodies need! This event seeks to provide you with opportunities to more fully examine key details about food preferences and food influencers, enhancing your understanding of food relationships. Call 508-799-1232 to sign up.

**FAMILY LETTERS OF ABBY KELLEY & STEPHEN FOSTER**

Wednesday, May 29 • 1-2:30 pm

Acting couple, Lynne McKenney Lydick and Thomas Lydick, bring Abby and Stephen to life as they read the touching and personal letters of this very public 19th century radical abolitionist and human rights activist couple from Worcester. Call 508-799-1232 to register.



*This program is supported by a grant from the Worcester Arts Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.*



**WSC MARCH DISTINGUISHED SPEAKER**  
WPO and 2019 Grand Marshall of the Worcester County St. Patrick's Day Parade, Sean Lovely

**HARD OF HEARING AWARENESS 101**

**Wed. May 1 • 9:30-10:30 am**

Hearing loss is the third most common physical condition after arthritis and heart disease. Since hearing loss is often not visible, people often jump to the wrong conclusion that someone is aloof, confused, not smart, or has had a personality change, when they may just have a hearing loss. Learn the difference between deaf/Deaf/hard of hearing and different kinds of "Hearing Assistive Technology" (HAT) that can be used to help. Call 508-799-1232 to register.



**VISITING DENTAL ASSOCIATES OF CENTRAL MA**

**Friday, May 3 • 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.

**BENEFITS OF AQUATIC PHYSICAL THERAPY**

**Tuesday, May 14 • 9:30-10:30 am**

Kim Barrow, MS, PTA, CSCS will provide info. on orthopedic & neuromuscular conditions that can be treated in an aquatic environment. Check out the equipment used to make the exercises more challenging. APT is covered under most insurance plans. Learn more about the therapeutic principles of water and how it can help you or someone you know function better with less pain and stiffness. Call 508-799-1232 to register.

**ELDER SERVICES OF WORCESTER RECOGNIZES "MALNUTRITION AWARENESS MONTH"**

**Wednesday, May 15 • 12:30-1:15 pm**

Learn about healthy eating, and the right snacks for you. Participate in important personal screenings and learn how to help others avoid malnutrition. Healthy snacks provided. Call 508-799-1232 to register.



**THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET WILL RETURN IN JUNE...**



**FREE MINDFUL MEDITATION**

**Mon., May 6, 13 & 20 • 12:30-1:30 pm**

Continuing with our successful meditation series, Robert Harrington CCH will return to present guided meditation based on the book *The Four Agreements*. Register at 508-799-1232. \$3 per class.



**FREE REIKI ONE ON ONE**

**Mon., May. 6, 13 & 20 • 10-11:30 pm**

20 minute Reiki healing sessions with June House RN, Reiki Master. Reiki, a force energy, is a form of hands-on healing based on the belief system that all beings can heal themselves. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recover from pain. Call 508-799-1232 to sign up.

**FREE GUIDED IMAGERY FOR RELAXATION AND STRESS RELIEF "A SECRET GARDEN"**

**Tues., May 7, 14, 21 & 28 • 10:30-11:30 am**

Cindy Clark, Guided Imagery Practitioner, will guide you into a progressive relaxation of your entire body, releasing all negativity, stress and pain resulting in a refreshing sense of deep relaxation and inner peace. Call 508-799-1232 to register.

**These programs are sponsored by the MA Executive Office of Elder Affairs.**



**FREE TAI CHI FOR HEALTHY AGING**



Based on the *Tai Chi: Moving for Better Balance* protocol. The program will help participants: View falls and fear of falling as controllable, set realistic goals for increasing mobility and activity, foster greater understanding of fall risk factors, increase strength and balance through exercise. No prior experience required. The program is conducted for three consecutive 8 week sessions. Meetings held 2 times a week, 1 hour each.

**Class meets Mondays & Fridays, 1:30-2:30 pm starting June 3rd. Module 1 class: June 3, 7, 10, 14, 17, 21, 24 & 28, July 1, 5, 8, 12, 15, 19, 22 & 26th.** Class size is limited. Registration is required. Sign up at the Front Desk or call 508-799-1232.

**GLUCOSE TESTING BY CENTURY HOME CARE**



**Tuesday, May 21 • 9:30-10:30 am**

**MAY SAFETY TIP**

Brush twice a day and floss daily. Gum disease and tooth decay remain big problems. Toothbrushes should be changed 3 to 4 times a year.

**COMING IN JUNE**

- **FREE Ageless Grace Fitness Program,** Tues. June 4th 2 - 2:45 pm 4 sessions
- **Walking Club Field Trip to Elm Park** Thursday June 20th (rain date June 27th)

**TYPE 2 DIABETES PREVENTION WITH YMCA**

**Wednesday May 15 10:30-11:30 am**



This year-long, 25-session program supports adults with prediabetes in reducing their risk for developing type 2 diabetes and is now covered under Medicare Part B as a preventive service for eligible participants. Register by calling 508-799-1232. For folks who are unable to attend this program, information/enrollment can be obtained by contacting the YMCA Program Coordinator directly at 508-870-1320, ext. 8244.

**FREE EXERCISE CLASSES**

**Rhonda Hamer,** Osteo Instructor, ACE Certified Personal Trainer, Certified Silver Sneakers Instructor. first come-first serve basis, 30pp. max. class size. Participants must sign in to class. Donations appreciated.

**Mondays: Seated Strength 1:30-2:15 pm**

Time to get pumped! Work towards strengthening muscles; work the whole body without ever leaving the chair.

**Wednesdays: Seated Core 1:30-2:15 pm**

Grab a chair and work your core without getting on the floor. We'll work on engaging the muscles that make up the core while seated or standing with the support of a chair.

**Fridays: Seated Stretch/Yoga 1:30-2:15 pm**

Get ready to move through series of seated yoga poses with standing options. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

Sponsored by:



**ASSISTIVE TECHNOLOGY TRAINING**

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

**COMPUTER OR TABLET ANSWERS:**

*Did you recently get a new laptop? Or a new tablet?  
You may have some questions about using it.  
Do you want simple answers to your questions?*



If so, you can get a non-technical explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab (for \$10 per hour). Call 508-799-1232 and select extension **48008**. Speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session. If there is no answer, please leave a message and your call will be returned as soon as possible.

**FITNESS VOUCHER MAY 2019  
IN HONOR OF OLDER AMERICAN'S MONTH**

See the front desk staff to request **4 vouchers which are worth up to \$3.00 each** towards participation in any of the following programs at the Worcester Senior Center during May 2019:

- \_\_\_ Yoga for the Active Senior with Fern: Mon 10 am \$10.00 fee
- \_\_\_ Mixed Gentle Yoga with Fern: Wed 10 am, \$10.00 fee
- \_\_\_ Ballroom Dancing: Fridays 12 pm, \$3.00 fee
- \_\_\_ Aerobics: Tuesdays & Fridays \$3.00 fee
- \_\_\_ Senior Challenge with J.Fish: Tuesdays & Thursdays 10-10:50 am \$2.00 fee

Certain conditions apply. Program made possible by funding from the Massachusetts Executive Office of Elder Affairs.

**GAMES/CRAFTS/MUSIC**

Pitch: Wednesdays, 1-3 pm

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

Movies: Fridays at 1:00 pm

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

Cribbage: daily at 10:00 am

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

Open Bridge: Wednesdays, 10:30 am-12:30 pm & 1:30-3 pm,  
Fridays 9:30-11:30 am

Scrabble: Mondays, 10 am-1 pm

Beginner Scrabble: Mondays, 10 am-1 pm

RSVP Blankettes Group: Thursdays at 9:30 am

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

Drop In Coloring Fun: 2nd Friday of the month

**LEARN SOMETHING NEW**

Spanish Class: Mondays, 11 am-Noon

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

Beginner French Fridays 11-12 pm

ESL for CHINESE: Fridays 10-11:30 am

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

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

**GET FIT & HAVE FUN**

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

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

Gentle Yoga with Nancy Cimato: Fridays at 9 am, **CANCELLED**

Aerobics w/ Nancy Cimato: Tues. & Thurs. at 9 am

Joe Fish Fitness: **CLASS FULL**

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

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

Ping Pong: Thursdays 1-3 pm

**MEETINGS**

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

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

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

## SUPPORT SERVICES

### Advocacy, information services and application assistance:

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

### Legal Consultations

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

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

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

**Notary Services available:** Please call 508-799-1232 for further information.

### FRIDAY TAKE OUT

The Quinsigamond Community College's Dietary Management Program is offering a **Friday Home Meal Replacement**. Meals every Friday of the month. Enjoy a fresh and nutritious meal. Meals ready for pick up at Bobby M's Diner, **Fridays, 12-3 pm. Cost \$5.00.** Reservations recommended for a guaranteed meal. Walk-ins will be first come, first serve!!! **508-799-1232 ext. 48001.** Call or drop by Bobby M's to have any questions answered by Rebecca King or Brandi Manca.



### MEMORY CAFE

**Tuesday, May 21 • 2 - 3:30 PM**

Are you caring for a loved one with Alzheimer's or some other type of dementia? Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease. Funded in part by the MEOEA via MCOA.



### RAINBOW LUNCH

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



### SHINE: Serving the Health Information Needs of Everyone

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

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

### THE FEDERAL POVERTY LEVELS HAVE INCREASED

As a result of increases to the Federal Poverty Level, Eligibility Guidelines for Public Benefits Programs in Massachusetts have changed. MassHealth has increased the income limits for several programs you may be eligible for. The income to be eligible for MassHealth **Standard** has increased from \$1,012 for a single person to \$1,041, for a married couple it has gone up to from \$1,372 to \$1,410. For another popular program MassHealth **Buy-in (this would pay your Medicare Part B Premium)** the eligibility income has gone up from \$1,366 to \$1,406 for a single person, and from \$1,852 to \$1,903 for a couple. These increases also apply to **Full Extra Help** a program from Social Security that helps pay for your medications. You can qualify for **Partial Extra Help** if your income is below \$1,561 for a single person and \$2,114 for a married couple. If you feel you may be eligible under these new income guidelines feel free to call the SHINE Program for more information.

SHINE Volunteer: Hazel Nourse  
Appointment required, call: 508-799-1232, ext. 48003. You can also visit us on the internet at [www.shinema.org](http://www.shinema.org).

### 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 **May 9th:** Healthy Steam Rice (Com Bi Chà): tofu quiche, root shreds, vermicelli, chunky protein slices, fresh vegetables served with white rice and 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).

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

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



### "TIME TO CARE"

#### RESPIRE DAY PROGRAM Tuesdays, 9:30 am-1:30 pm

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



*Sponsored in part by the Committee for the Future of Aging, a collaboration of the CMAA & Worcester County Sheriff's Office*



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

**CHINESE ELDER PROGRAM**  
**EVERY FRIDAY:**  
**9 AM Exercise & Breakfast with tea**  
**10 AM ESL class**  
**11 AM Lunch**  
**12:30 PM Chinese Mandarin class**

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

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

**VIETNAMESE ELDER PROGRAM**

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

- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Họp mặt Cao niên với nhiều tin tức hay, mới, bổ ích
- Cơm trưa

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

Để biết thêm chi tiết, xin liên hệ cô Yung Phan 508-799-1232 và bấm số 2 để nói bằng tiếng Việt hay gọi 508-799-1232 và xin đường dây phụ 48006. Email: PhanD@WorcesterMA.gov. The Vietnamese Elderly Program runs weekly from 9:00AM to 12:30 PM. For more information, please contact Ms. Yung Phan at 508-799-1232 and dial 2 to speak in Vietnamese or call 508-799-1232 ext. 48006.

**LATINO CLUB 60+**  
**Mondays & Fridays 9:30-11:30 am**  
 Contact Jose Curet, Club 60+  
 Latino Elder Group Coordinator  
 508-799-1232 ext. 48007 for more  
 information about the program.

**EL CLUB LATINO 60+**  
**Los lunes y Viernes**  
 Para más información, puede comunicarse con Jose Curet, a 508-799-1232 ext. 48007.

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

**SILVERSNEAKERS CLASSIC CLASS ONGOING**  
**Tuesdays, 1-1:45 pm**

Join Rhonda Hamer, Personal Trainer, Senior Fitness Specialist, Silver Sneakers Flex Instructor and WSC Osteoporosis Prevention Instructor, for this class designed to increase muscle strength, range of movement & improve activities for daily living. A chair is available for seated exercises and standing support, class can be modified depending on fitness levels. No need to register. Limited to 20 pp. \$4 per class or free for SilverSneakers members.



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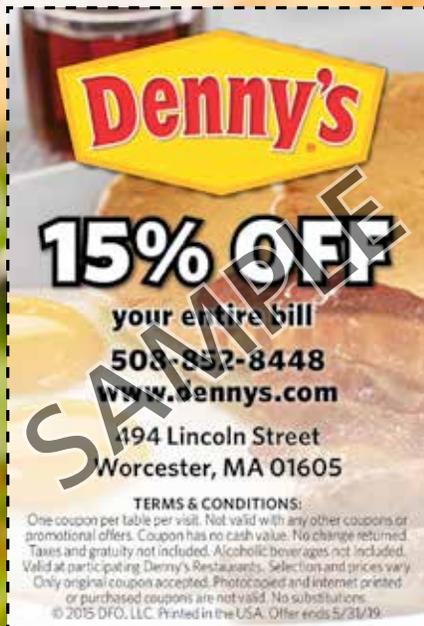
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## Goddard / Homestead

A Caring Community for Elders

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**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.</p>		 <p><b>* Diabetic Friendly</b> <b>** Higher Sodium Entree</b></p>		<p><b>Potato Crunch Fish</b> 1 Herbed Potatoes Peas &amp; Onions Gingerbread w/ Whip Topping <b>Alternate:</b> SOUP DU JOUR SLICED HAM</p>		<p><b>Baked Ham</b> 2 Sr Crm/Chive Mashed Pot Carrots Fresh Fruit <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY</p>		<p><b>Garlic Herbed Chicken</b> 3 Bread Stuffing Roasted Brussels Sprouts Vanilla Mousse <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>	
<p><b>Cinco de Mayo Meal</b> 6 Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doones <b>Alternate:</b> SOUP DU JOUR CHICKEN SALAD</p>		<p><b>Hot Dog</b> 7 Baked Beans Coleslaw Fresh Fruit <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>		<p><b>Ranch Chicken</b> 8 O'Brien Potatoes Green Beans Cold Baked Apples <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>		<p><b>Mother's Day Meal</b> 9 Roast Pork Loin w/ Gravy Apple Cornbread Stuffing Country Blend Vegetables Cream Puffs <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>		<p><b>Braised Beef</b> 10 Gemelli Pasta Roasted Broccoli Pears <b>Alternate:</b> SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>	
<p><b>Chicken Pesto</b> 13 Red Bliss Potatoes Scandinavian Vegetables Lemon Pudding Diet = SF Tapioca Pudding <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>		<p><b>Beef Stir Fry</b> 14 Steamed White Rice Oriental Blend Pineapple Fortune Cookie <b>Alternate:</b> SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON</p>		<p><b>Lemon Pepper Haddock</b> 15 Seasoned Potatoes Mixed Vegetables Cold Pear Crisp Diet = Applesauce <b>Alternate:</b> SOUP DU JOUR TURKEY CAPE COD</p>		<p><b>American Chop Suey</b> 16 Broccoli &amp; Red Peppers Bread Pudding French Bread <b>Alternate:</b> SOUP DU JOUR CAESAR CHICKEN SALAD</p>		<p><b>Jambalaya</b> 17 Rice Pilaf Green Peas Mandarin Oranges Italian Bread <b>Alternate:</b> SOUP DU JOUR CORNERED BEEF</p>	
<p><b>Shepard's Pie</b> 20 Carrots Peas Chocolate Pudding Diet = SF Chocolate Pudding <b>Alternate:</b> SOUP DU JOUR EGG SALAD</p>		<p><b>Greek Chicken</b> 21 Steamed White Rice Roasted Broccoli Peaches <b>Alternate:</b> SOUP DU JOUR TURKEY SALAD</p>		<p><b>Meatloaf w/ Gravy</b> 22 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit <b>Alternate:</b> SOUP DU JOUR N.Y. PASTRAMI</p>		<p><b>Happy Birthday Turkey Supreme</b> 23 Herb Stuffing Roman Blend Vegetables Birthday Cake Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR HAM SALAD</p>		<p><b>Holiday Meal Burger</b> 24 Chili &amp; Cheese Sweet Potato Fries Strawberries/Whip Topping Sandwich Roll <b>Alternate:</b> SOUP DU JOUR SLICED ROAST BEEF</p>	
<p><b>Memorial Day</b> 27 <b>No Meal Served</b></p>		<p><b>Vegetable Cheese Bake</b> 28 Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread <b>Alternate:</b> SOUP DU JOUR ALBACORE TUNA SALAD</p>		<p><b>Chicken Milano</b> 29 Wild Rice Spinach Strawberry Cup Pumpernickel Bread <b>Alternate:</b> SOUP DU JOUR CORNERED BEEF</p>		<p><b>Salisbury Steak</b> 30 Garlic Mashed Potatoes Herbed Carrots Brownie Diet = Small Piece <b>Alternate:</b> SOUP DU JOUR EGG SALAD</p>		<p><b>Potato Crunch Fish</b> 31 Potatoes Au Gratin Mixed Vegetables Melon Marble Rye Bread <b>Alternate:</b> SOUP DU JOUR SLICED TURKEY</p>	

# GREEN HILL TOWERS

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  - ◆ 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><b>9-1 BEGINNER SCRABBLE</b> 9-11:30 Cribbage Tournament 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ <b>10-11:30 REIKI ONE ON ONE</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12:30-1:30 BEGINNER SPANISH</b> 12:30-1:30 Mindful Meditation</p>	<p>1-3 Happy Quilters <b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b></p>	<p><b>6</b></p> <p>9-10 Aerobics <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only <b>10:30-11:30 GUIDED IMAGERY</b> 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint.</p>	<p><b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS EXERCISE</b> <b>1:30-2:30 DRUMMING CIRCLE</b> 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie <b>9:30-10:30 HARD OF HEARING 101</b> 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp;Knit for Fun 1-3 Pitch</p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament <b>10-11:30 MONTHLY CRAFT CLASS</b> <b>10-11:30 REIKI ONE ON ONE</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class <b>12:30-1:30 BEGINNER SPANISH</b></p>	<p>12:30-1:30 Mindful Meditation <b>13</b> <b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b></p>	<p>9-10 Aerobics <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-10:30 BENEFITS OF AQUATIC PT</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only <b>10:30-11:30 GUIDED IMAGERY</b></p>	<p><b>10:30-11:30 SOIL HEALTH w/REC</b> 10:30-12 Arabic Elder Group <b>11-12 ARTIST RECEPTION</b> 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> <b>12-1 LIBRARY OUTREACH</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 TYPE II DIABETES PREVENTION</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp;Knit for Fun 12:30-1:15 Malnutrition Awareness Month</p>	
<p><b>9-1 BEGINNER SCRABBLE</b> 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament <b>10-11:30 REIKI ONE ON ONE</b> 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble <b>10:30-11:30 SEN MOORE OFFICE HOURS</b> 11-12 Spanish Class</p>	<p><b>12:30-1:30 BEGINNER SPANISH</b> <b>20</b> 12:30-1:30 Mindful Meditation <b>12:30-1:30 WPD NEIGHBORHOOD CRIME WATCH MEETING</b> 1-3 Happy Quilters <b>1:30-2:15 SEATED STRENGTH CLASS</b> <b>1:30-2:30 LEARNING ITALIAN</b> 4-6 commission meeting</p>	<p>9-10 Aerobics <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only <b>10:30-11:30 GUIDED IMAGERY</b></p>	<p>10:30-12 Arabic Elder Group <b>21</b> 11-12 Osteo Exercise/Maint. <b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> <b>1:30-2:30 DRUMMING CIRCLE</b> <b>2-3:30 MEMORY CAFE</b> 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp;Knit for Fun 1-3 Pitch</p>	
<p><b>CLOSED</b> <b>Memorial Day</b></p>		<p><b>27</b></p> <p>9-10 Aerobics <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:30-1:30 A TIME TO CARE</b> <b>10-10:50 SENIOR CHALLENGE EXERCISE</b> 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only <b>10:30-11:30 GUIDED IMAGERY</b> <b>10:30-11:30 THE MICROBIOME</b></p>	<p>11-12 Osteo Exercise/Maint. <b>28</b> <b>11-12 SAIL EXERCISE</b> 12-1 Taijiquan Practice Group 12:30-2 Sewing Class <b>1-1:45 SILVER SNEAKERS</b> <b>1:30-2:30 DRUMMING CIRCLE</b> 2-3 LIBBY 2-3:30 Radio Show</p>	<p>9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage <b>10:30-11:30 DISTINGUISHED SPEAKER SERIES</b> 10:30-12 Conversational English Club 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &amp;Knit for Fun</p>	








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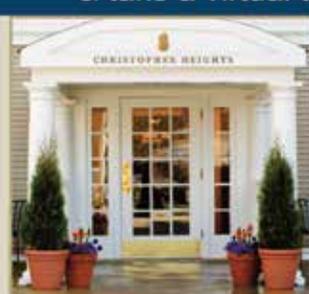
[www.SALMONHEALTH.COM](http://www.SALMONHEALTH.COM)

DAY	THURSDAY		FRIDAY	
<p><b>1-3:30 HEALTHY EATING STUDY</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p> <p><b>1</b></p>	<p>9-10 Aerobics-<b>CANCELLED</b> 9-10:30 WALKING CLUB KICK-OFF 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group</p>	<p><b>12:30-1:30 WOOD BURNING CLASS</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p> <p><b>2</b></p>	<p><b>TRIP: FOXWOODS</b> 9-10 Aerobics 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-<b>CANCELLED</b> <b>9-11 BP WITH DPH NURSE AMELIA</b> <b>9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage</p>	<p><b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK-"VICE"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH/YOGA</b></p> <p><b>3</b></p>
<p>1-3 Pitch <b>1-3:30 HEALTHY EATING STUDY</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-3 FLOWER ARRANGING</b> <b>2-4 AARP 50+ JOB SEEKERS</b></p> <p><b>8</b></p>	<p>9-10 Aerobics-<b>CANCELLED</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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></p>	<p>10:30-11:30 Vietnamese Elder Group <b>11:45-12:30 VEGETARIAN LUNCH (Reservation required)</b> 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p> <p><b>9</b></p>	<p>9-10 Aerobics 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-<b>CANCELLED</b> <b>9-11 BP WITH DPH NURSE AMELIA-CANCELLED!</b> 9:30-11:30 Latino Club 60+ <b>9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY</b> 10-11 Osteo Exercise/Maint <b>10-11:30 ADULT COLORING</b></p>	<p>10-11:30 Chinese ESL 10-12 Cribbage <b>10:30-11:30 MOTHERS DAY CONCERT</b> <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "THE FAVOURITE"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH/YOGA</b></p> <p><b>10</b></p>
<p>12:30-2:30 Crochet &amp; Knit for Fun 1-3 Pitch <b>1-3:30 HEALTHY EATING STUDY</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p> <p><b>15</b></p>	<p>9-10 Aerobics-<b>CANCELLED</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10:30-11:30 Vietnamese Elder Group</p>	<p>12:30-1:30 Vietnamese Chorus Group <b>12:30-1:30 WOOD BURNING CLASS</b> <b>1-2 BOOK DISCUSSION CLUB</b> 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p> <p><b>16</b></p>	<p>9-10 Aerobics 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-<b>CANCELLED</b> <b>9-11 BP WITH DPH NURSE AMELIA</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group <b>11-12 BEGINNER FRENCH</b></p>	<p>11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK -"CHRISTOPHER ROBIN"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH/YOGA</b></p> <p><b>17</b></p>
<p><b>1-3:30 HEALTHY EATING STUDY</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge <b>2-4 AARP 50+ JOB SEEKERS</b></p> <p><b>22</b></p>	<p>9-10 Aerobics-<b>CANCELLED</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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</p>	<p>10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p> <p><b>23</b></p>	<p>9-10 Aerobics 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-<b>CANCELLED</b> <b>9-11 BP WITH DPH NURSE AMELIA</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK - "SECOND ACT"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH/YOGA</b></p> <p><b>24</b></p>
<p>1-3 Pitch <b>1-2:30 LETTERS OF ABBY KELLEY &amp; STEPHEN FOSTER- PLAY</b> <b>1-3:30 HEALTHY EATING STUDY</b> <b>1:30-2:15 SEATED CORE CLASS</b> 1:30-3 Open Bridge</p> <p><b>29</b></p>	<p>9-10 Aerobics-<b>CANCELLED</b> <b>9-10 WALKING CLUB</b> 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 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 10:30-11:30 Vietnamese Elder Group</p>	<p>12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong <b>1-4 FRIENDS BINGO</b></p> <p><b>30</b></p>	<p>9-10 Aerobics 9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy-<b>CANCELLED</b> <b>9-11 BP WITH DPH NURSE AMELIA</b> 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage <b>11-12 BEGINNER FRENCH</b> 11-12 Osteo Exercise/Maint</p>	<p>12-1 Ballroom Dance 1-3 Card Playing <b>1-3 FRIDAY FLICK -"Stan &amp; Ollie"</b> 1-3:30 Watercolor/Mixed Media <b>1:30-2:15 SEATED STRENGTH/YOGA</b></p> <p><b>31</b></p>



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

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



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



**No Worries Pricing - The Christopher Heights Difference!**

*Our doors are always open!*

**Call Marla O'Connor at 508-792-1456**

# Hear For Your Life

We offer comprehensive hearing care services including complete hearing evaluations, hearing loss rehabilitation, education and counseling.

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- Batteries & Accessories
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- Amplified Phones
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- Wax Removal
- Hearing Protection
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Doctor of Audiology

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**55 and older? Join one of the largest volunteer networks in the Nation!**

Let RSVP connect you with opportunities in your area. Sample volunteer opportunities include but are not limited to:

- Plant and harvest food to donate to those struggling with hunger
- Work in a food pantry
- Advocate for a child in need
- Support a child learning to read
- Read to the blind
- Support a senior targeted by fraud
- Write letters to Veterans
- Help the community



Funding for liability insurance, mileage reimbursement and extra auto coverage is available to all RSVP Volunteers.

**Contact RSVP of Central MA, located on the third floor of the Worcester Senior Center, to make a difference in your community and link your service to National service today! Call Tiffany at 508-791-7787 or email [benacquista@rsvpcentralma.org](mailto:benacquista@rsvpcentralma.org). Visit us online at [rsvpcentralma.org](http://rsvpcentralma.org) and like us on Facebook for updates and the latest news!**

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



**NETWORKING WORKS!! Your AGE really is your EDGE!!**  
**Wednesday, May 8 & 22 • 2-4 pm**

Job Seekers Networking Group program offers support and assistance to people age 50 + who are looking for a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement. New Topic at each biweekly meeting! Facilitated by an HR professional/ career coach! Join us for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition. For information email Melody Beach ([melody.beach@charter.net](mailto:melody.beach@charter.net)) and/or Fran Langille ([LangilleF@worcesterma.gov](mailto:LangilleF@worcesterma.gov)). **Funded by AARP and MCOA.**



**ARE YOU A FRIEND YET? WILL YOU JOIN US?**

Each month our membership numbers continue to grow. Whether you join for the benefit of receiving the SCOOP at the basic level, or join as a Lifetime member to receive the benefits of trip discounts, all dollars generated through FRIEND'S memberships go directly to support the programs and activities of the Worcester Senior Center. If you haven't already done so, we hope you, too, will join us.

**May Volunteers are:**

**Fabulous, Lovely, Original, Wonderful, Earthly, Radiant and Splendid.**



Consider becoming a Volunteer in the Merry Month of May. You'll make wonderful memories for many years to come.

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

- Reimbursements for your travel and meals
- Annual recognition events and monthly training opportunities
- There is a tax-free stipend for those who are income eligible
- You can volunteer in the home or at a participating facility

Please call Joy Rehfeld @ 508-791-7783

**The Senior Companion Program is sponsored locally by Family Services of Central MA**

**CITY OF WORCESTER PUBLIC NOTICE**



The Citizen Advisory Council is seeking volunteers to fill vacancies on various City Boards/Commissions. Eligibility requirements:

- 1) registered voter;
- 2) resident in district for one year (except for Executive Boards);
- 3) not a City employee (except for Advisory Boards).

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

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

Name \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 Zip \_\_\_\_\_

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

Checks may be dropped off or mailed to:  
**Friends of Worcester's Senior Center**  
**128 Providence St., Box 3**  
**Worcester, MA 01604-5413**  
 508-799-1232 ext.48020





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

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

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

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

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

**Be the FIRST to order your NEW Worcester Senior Center Sweatshirt from the "FRIENDS". Five colors to choose from!**

**\$25 each**

**DAY TRIPS**

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

Sunday, May 19	The Edwards Twins Brunch & Entertainment at Lake Pearl, Wrentham, MA	\$97.00/per person
Wed., June 12	"Viva Las Vegas" w/Mark Shelton as Elvis Luncheon Buffet & Entertainment at Indian Head, NH	\$88.00/per person
Wed., July 24	"Love is The Thing" Lunch & Entertainment, Sturbridge Host Hotel. A summer ice cream of laughter, music, sketches, Explore the grounds at the beautiful lake. Lunch & Entertainment, Lakeside Theatre	\$79.00/per person
Sat., Aug. 24	Plymouth Whale Watch Lunch included - Baked Scrod or Chicken	\$104.00/per person
Wed., Sept. 25	New Hampshire Turkey Train	\$89.00/per person
Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display	\$84.00/per person
Tues., Dec. 31	An American Bandstand, New Year's Eve Day, Lake Pearl, Wrentham, MA. Choice of Sirloin Steak, Baked Stuff Chicken, Baked Scrod	<b>NEW</b> \$94.00/per person

**OVERNIGHT TRIPS**

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

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

**FOXWOOD CASINO TRIPS**

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

Fridays: May 3rd, June 7th, July 12th, August 2nd, and September 6th



# THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES  
VOLUME 9, NO. 5, MAY 2019

Worcester Senior Center  
128 Providence Street  
Worcester, MA 01604

# BRAIN GAMES

### Sudoku

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

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

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### Answer to Previous Sudoku

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

### CROSSWORD PUZZLE

**ACROSS**

- 1 Charity
- 5 Body of water
- 9 Ohio college town
- 12 Hello (Ital.)
- 13 Molding
- 14 Self (Scot.)
- 15 Artificial fishing fly
- 16 Approve
- 17 Incorporated (abbr.)
- 18 Palmetto
- 20 Mau Mau country
- 22 Nose
- 24 Article
- 25 Reebuck
- 26 Fr. month
- 30 Alfonso's queen
- 31 Babism founder
- 32 Luzon people
- 33 Taro
- 36 Transpire
- 38 Cutting tool
- 39 Indian falcon
- 40 Ming's planet

**DOWN**

- 1 Alas (Ger.)
- 2 Taradiddle
- 3 Methane (2 words)
- 4 Hot Med. wind
- 5 Birthstone
- 6 Bedouin headband cord
- 7 Legal action
- 8 Arabic script
- 9 Hindu month

**ANSWER TO PREVIOUS PUZZLE**

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

10 Refuse  
11 Razor-billed auk  
19 Borough (abbr.)  
21 Conger  
22 Lop  
23 Galilee town  
24 Boat  
26 John, Dutch

27 One of the Three Fates  
28 Needle case  
29 Mountain lake  
31 Drone  
34 Crone  
35 Departure  
36 Exclamation  
37 Tooth  
39 Drawing room  
40 Lady's title  
41 Mount near Olympus  
42 Billionth (pref.)  
43 Indian groom  
46 Within (pref.)  
48 Atl. Coast Conference (abbr.)  
49 Arikara people

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			

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