

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 7, NO. 10, OCTOBER 2017

See page 6 for featured programs...

SPEND YOUR DAY AT THE SENIOR CENTER
WEDNESDAY, OCTOBER 11 • 10:30-11:30 am

"KNOW YOUR CITY" SERIES
WITH ELECTIONS COMMISSION
City Clerk, Susan Ledoux & Asst. City Clerk Nikolin Vangjeli

LUNCH 11:45-12:30 pm
SPONSORED BY OVERLOOK VNA & THE HERMITAGE

ENTERTAINMENT BY THE SWAGGER BAND
12:30-1:30 pm

"GUIDELINES TO GOOD HEALTH" WITH
DR. FARBAN IBRAHIMI
Wed. October 18 • 10:30-11:30 am

CONCERT WITH DUANE CARLSON
Wed. October 18 • 12:30-1:30 pm

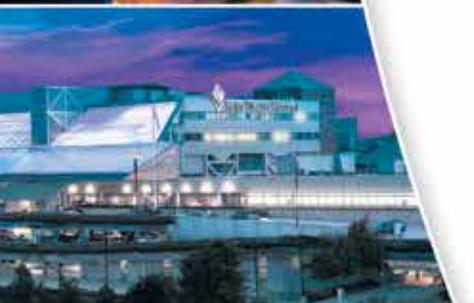
ANNUAL MULTICULTURAL POTLUCK
Fri. October 27 • 1-3 pm

HALLOWEEN COSTUME PARTY!
Tues. October 31 • 12:30-1:30 pm



Special Thanks to our Proud Premier Sponsor:





SAINT VINCENT HOSPITAL

Saint Vincent Hospital is an acute care hospital providing general and tertiary medical services to residents of Worcester and Central Massachusetts.

From newborns to seniors, Saint Vincent Hospital has a wide range of inpatient and outpatient services including open heart surgery, cardiovascular medicine, a brand new state-of-the-art Cancer and Wellness Center, and a comprehensive joint replacement program just to name a few. A continuum of care is offered through the **Center for Musculoskeletal Services**, **The Center for Heart & Vascular Services**, and the **Cancer & Wellness Center**.

Founded by the Sisters of Providence in 1893, Saint Vincent Hospital has more than a century-long tradition of providing high-quality medical care and exceptional customer service at a low cost.

- > Accredited by the Joint Commission
- > Leapfrog Safety Rating, "A"
- > 24 hour Emergency Department staffed by board certified emergency physicians
- > Advanced Cardiac Care including Cardiac Catheterization, and Electrophysiology Service for treating irregular heart rhythms, and Transaortic valve repair
- > High technology Cancer Care capabilities including radiation therapies, and a state-of-the-art Cyberknife in our comprehensive Cancer & Wellness Center
- > ACR Accredited Radiation Oncology Department
- > Extensive Surgical services including daVinci® Robotic Surgery
- > Center for Musculoskeletal Services and Joint Replacement Program
- > Stroke Center Certified by the American Heart Association
- > Behavioral Medicine Program
- > Wound Healing Center complete with hyperbaric oxygen therapy chambers
- > Online Emergency Room Check-In
- > Major teaching affiliate of the University of Massachusetts Medical School

To learn more, please visit stvincenthospital.com

- 4 October Programs & Events
- 5 Friday Flick Movies
- 5 Featured Programs
- 6 Health & Wellness Programs
- 7 Continuing Programs & Activities
- 7 Computer Classes
- 8 Services
- 9 Noticias De Nuestro Programa de la Tercera Edad
- 9 Tin tức bằng tiếng Việt
- 10 Dining Around Town
- 11 Meal Menu Calendar
- 20-23 Program Calendar
- 14 RSVP & More
- 15 Friends Trips
- 15 Friends Information
- 16 Brain Games



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/ocm/elder-affairs



You can Access the Scoop by clicking on "Monthly Newsletter"

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

City Manager Edward M. Augustus Jr.

Health & Human Services Dr. Matilde Castiel, Commissioner

STAFF:

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

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
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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



CRIBBAGE TOURNAMENT

Tuesday, Oct. 2 • 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.

MAKE & TAKE HOME A HYDRANGEA WREATH WITH TINA OF BEMIS FARM!

Thursday, Oct 5 • 10-11:30 am
 Using a straw wreath as a base, you will attach a mixture of freshly-harvested hydrangea flowers to create an elegant ring. In a few days, the wreath will dry in your home, that will last for years. This class is partially funded by a generous friend who allows Tina to harvest the flowers to use at senior centers across central MA. Class: \$10 per person.



WAYNE PAIGE MUSIC PRODUCTIONS

Friday, Oct. 6 • 12:30-1:30 pm
 Join Country Singer Wayne Page for a dance party! Call 508-799-1232 to register. Sponsored by WSC participant Robert Kubert.

PITCH TOURNAMENTS

Monday, Oct. 16, 23 & 30 • 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, Oct. 6 & 20 • 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, Oct. 16 • 10-11:30 am
Project: Felt Pumpkin
 \$3.00 fee per craft, all supplies included. Call 508-799-1232 to register. Space is limited.

MAKE AN EMERGENCY PLAN

Tuesday, October 17 • 12:30-2 pm
 Join Lois Luniewicz from the Worcester Regional Medical Reserve Corps of Worc. to create an emergency plan; a terrific tool for anyone who wants to be prepared for unforeseen events, whether natural or man-made. This program, which includes a Power Point presentation, walks participants step by step in preparing a plan, includes handouts, and covers topics such as pets, important papers, sheltering in place and a Financial First Aid Kit. Be prepared until help arrives. Call 508-799-1232 to sign up.

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Oct. 18 • 1-2 & 2-3 pm
 Make and take home a **Halloween arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

COFFEE CLUB WITH LISA CASILLO FINANCIAL ADVISOR/EDWARD JONES

Wednesday, October 18 • 10:30-11:30 am
 Learn about the market with a free cup of coffee & donuts. Discuss current updates on the market and the economy. Call 508-799-1232 to register.

NEW NEIGHBORHOOD CRIME WATCH MEETING WITH WPD

Monday, October 23 • 12:30-1:30 pm
 Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns.

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.



THE REGIONAL ENVIRONMENTAL COUNCIL'S MOBILE MARKET
Tuesdays • 9-10:30 am
Last day October 24th

WE'VE GOT TO HAVE FRIENDS!

Thank you Friends of Worcester's Senior Center for supporting two great series: "Know Your City" and "Summer Concerts"... Entertainment, learning, refreshments and fun!!!

PETS & PEOPLE

Wednesdays, 10-10:30 am
 Meet Cameron the therapy dog & his owners Lorraine & Joe Monfette



BOOK DISCUSSION

Thursday, October 19 • 1-2 pm
 New members are always welcome! We are reading **The Witches: Salem, 1692 by Stacy Schiff**. The panic began early in 1692, when a minister's niece began to writhe and roar. It spread quickly, confounding the most educated men and prominent politicians in the colony. It ended less than a year later, but not before nineteen men and women had been hanged and an elderly man crushed to death. Drawing masterfully on the archives, Stacy Schiff introduces us to the strains on a Puritan adolescent's life and to the authorities whose delicate agendas were at risk. She illuminates the demands of a rigorous faith, the vulnerability of settlements adrift from the mother country, perched-at a politically tumultuous time. Schiff brings early American anxieties to the fore to align them brilliantly with our own.

The Book Club is taking a bus trip to Salem on Sat., October 21st; you don't have to be a member of the book club to join us. The cost per person is \$104. If interested please call 508-459-4176 to make a reservation. This trip is through Commerce Bank. In Nov. we are reading Radio Girl by Sarah-Jane Stratford.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, October 24 • 2-3 pm

COMING IN NOVEMBER

- **"Know Your City" Series** with Richard Fiske, Director of Emergency Communications/911 and Emergency Management Wed. Nov. 15, 10:30-11:30 am
- Veterans Program with **Dr. John E. McAuliffe, DDS** Ret. President of Chapter XXII VBOB 87th Infantry Division of WW2 Wed. Nov 18, 10-11:30 am
- Calling All Crafters! It's time for our **Annual Craft Fair!** Call Suki to reserve your table at 508-799-8061. Tues. Nov. 21, 10-2 pm
- **Thanksgiving Lunch** with the Mayor and SPECIAL ENTERTAINMENT! Tues. Nov 21, 11:45-12:30 pm

DID YOU KNOW THAT PING PONG...

improves hand-eye coordination, stimulates mental alertness, concentration and tactical strategy. It also improves reflexes, is easy on the joints, burns calories, offers a social outlet, keeps your brain sharp and improves coordination. Just a few reasons to play.



Join us Thursdays 1-3 pm.

OIL PAINTING WITH DARRELL CROW

Thursday, October 12 • 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: **Babbling Brook**. A 1/2 hr. break provided for lunch. Register by calling 508-799-1232.



SPEND YOUR DAY AT THE SENIOR CENTER...

"KNOW YOUR CITY" SERIES

with Elections Commission

Wednesday, Oct. 11 • 10:30-11:30 am

Meet and learn about the responsibilities and duties performed by both **Susan M. Ledoux**, City Clerk who serves as Clerk to the City Council and provides operational and administrative support to the Board of Election Commissioners and **Nikolin Vangjeli**, Assistant City Clerk who oversees the Election Department for the City. Sign up by calling 508-799-1232.



Sponsored lunch by
Overlook VNA & The Hermitage

Please call 508-799-8070 to reserve your meal!



Stay on after lunch for entertainment by.....

The Swagger Band

Wednesday, October 11 • 12:30-1:30 pm

Sing-A-Long and DANCE to hit songs from the 50's and 60's.

ANNUAL MULTICULTURAL POTLUCK

Friday, October 27 • 1-3 pm

Bring in your favorite family dish to share that reflects your heritage, sample dishes from others.

Sign up at the front desk or call 508-799-1232. Don't forget to let us know what dish you plan to bring, label your dish and include the recipe to share!



Friends of WSC Candidate Forum

Wednesday, October 25 • 12:30-2 pm

See Page 15 for more details

SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



"GUIDELINES TO GOOD HEALTH"

WITH **DR. FARBAN IBRAHIMI**

Wednesday, Oct. 18 • 10:30-11:30 am



Learn about the "partnership approach" to health care. Physicians are resources to patients to understand their health concerns. Life choices can help prevent common problems. Learn about early diagnosis and subsequent management of complex medical illnesses. Each patient is unique and treatment options should be adapted accordingly. Register by calling 508-799-1232.

Refreshments provided by:



CONCERT WITH DUANE CARLSON

Wednesday, October 18 • 12:30-1:30 pm

Duane brings you music from an earlier era loved by all. An experienced, accomplished vocalist who will truly entertain you!



HALLOWEEN COSTUME PARTY!

Tuesday, October 31 • 12:30-1:30 pm

"3 Gents and a Rose" will "WOW" you with their talent playing violin and base fiddle.

Sponsored by Unibank as part of "Random Act of Kindness" Week.

Refreshments sponsored by City Councilor at Large Morris Bergman. Prizes for the most creative costumes!!



"HELPING CAREGIVERS STAY CONNECTED THROUGH DIGITAL TECHNOLOGY, SOCIAL MEDIA AND APPS." Thursday, November 2nd

Are you caring for someone with Alzheimer's or a related dementia? Please join us for an evening of information that will focus on ways to support the caregiver through the use of technology. Also, learn about special funding availability for assistive technology specific to dementia.

Registration: 4:30 p.m. | Light Dinner: 5:00 p.m. | Program: 5:30 p.m.

This Program is FREE | Financial assistance available for respite. Registration is required. Limited seating. Contact Deb Dowd-Foley at Elder Services of Worcester Area, Inc. @ 508-756-1545 or ddfoley@eswa.org



HEALTHY LIVING SUPPORT GROUP

Monday, Oct. 2 • 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.

VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, October 6 • 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.

DIABETES SUPPORT GROUP

Wednesday, Oct. 4 • 9:30-10:30 am

Exchange ideas, recipes and offer support to maintain health and wellness while living with diabetes. Call 508-799-1232 to sign up.

WORCESTER STATE UNIVERSITY OT STUDENTS FALL PREVENTION GROUP

Thursday, Oct. 5, 12 & 19 • 10:30-11:30 am

OT students will lead a Fall Prevention Group. Receive tools & information to stay safe from falls, based on scientific research. Call 508-799-1232 to register.

OCTOBER SAFETY TIP

Exercise regularly. It is recommended to get at least 2.5 hours of exercise a week. If you do not like fitness classes, take a walk.

MINDFUL MEDITATION SESSIONS

Mondays, Oct. 16, 23 & 30 • 12:30-1:30 pm

Robert Harrington, CCH, returns and guides a mindfulness meditation session to calm your mind, settle your body and enjoy deep relaxation. Call 508-799-1232 to register \$3.00 class fee.

SHINE PROGRAM ANNUAL MEDICARE UPDATE

Monday, Oct. 16 • 12:30-1:30 pm

Compare your plan to new options. See if you can lower some costs or find a plan that better suits your needs. Even if you like your current plan, check to see if the costs or coverage are changing. Call 508-799-1232 to sign up.

NEW ENGLAND INSTRUMENT HEARING SCREENING

Wednesday, Oct. 18 • 9:30 am-Noon

Audiologist, Dr. Leslie Soiles is offering a limited number of appts. to have your hearing checked. She encourages the AMA recommendation that all people should have a baseline screening at age 55. Call 508-799-1232 to schedule a 10 min. appt.



WEIGHT MANAGEMENT MADE EASY

Tuesday, Oct. 24 • 10:30-11:30 am

Have you been struggling with Weight Management; diagnosed with Type 2 Diabetes, Pre-diabetes, High Blood Pressure or High Cholesterol? Are you ready to take control of your *health, lose weight and prevent heart problems, blindness, kidney failure, nerve damage and stroke?* Attend a presentation by Pamela Howell, RN, BSN, CDE to learn what causes these illnesses and how to lose weight while lowering your cholesterol and blood pressure levels. To register call 508-799-1232.

FLU CLINICS WITH WALGREENS

Wed. Oct. 4, 10-1 pm & Wed. Oct. 25, 10-1 pm
Insurance or Medicare Card required.
Walk-ins accepted.

QCC NURSING STUDENTS BLOOD PRESSURE CLINIC

Tues. Oct. 3rd & Thurs. Oct. 5, 10am-noon

BROWN BAG MEDICATION REVIEW

Tues. Oct. 24th & Thurs. Oct. 26th 10-12

WORCESTER STATE UNIVERSITY NURSING STUDENTS "Ask A Nurse" & Blood Pressure Clinic

Fri. Oct. 6th 9:30 am-1:30 pm

Fri. Oct. 13th 11:30 am-1:30 pm

GLUCOSE TESTING Century Homecare

Tuesday, October 17 • 9:30 - 10:30 am

BREAST CANCER AWARENESS

Wednesday, Oct. 25 • 10:30 - 11:30am

Join Dr. Diane Lockhart, Breast Surgeon and the Medical Director of the Breast Care Program at the Saint Vincent Cancer & Wellness Center for breast health talk. Learn about patient focused treatment and healing. Also find out about some of the best ways to stay healthy. Call 508-799-1232 to register.

"HONORING CHOICES" INTRO TO IMPORTANT HEALTH DECISIONS

Fri. Oct. 27 • 10-11 am



Join Attorney Ellen DiPaola, to expand your knowledge & sharpen your skills! *Learn how to start care planning discussions at every phase of health!* Health Care Proxy and Personal Directive will be discussed". Sign up by calling 508-799-1232.

Hear For Your Life

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

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- Amplified Phones
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Matthew Moreno, Au.D.
Doctor of Audiology

HOLDEN HEARING AID CENTER, INC.

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- Safety checks
- 3 chef prepared meals daily
- Laundry & Housekeeping
- A full social calendar



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Our doors are always open!

Call Marla O'Connor at 508-792-1456

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
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
Bhutanese Elder Group: 2nd Thursday 10:30 am
Latino Club 60+: Mondays & Fridays 9:30-11:30 am

PRIVATE COMPUTER LESSONS AVAILABLE



Do you have questions about using a computer, or tablet? There is no need to stay confused. You can get a

simple (non-technical) explanation by scheduling a private lesson at the Worcester Senior Center Computer Lab. To arrange an appointment for a one-to-one tutoring session (for \$10 per hour), 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.

NEW ASSISTIVE TECHNOLOGY TRAINING

If you are blind or visually impaired and have difficulty using a computer, using a tablet, reading books or many other of life's daily functions, consider one-on-one training in assistive technology to help enrich your life in many ways. The Mass. Association for the Blind and Visually Impaired offers free training in Assistive Technology at the Worcester Senior Center. For details, call Dave Dunham at 508-519-0411 or email ddunham@mabcommunity.org. Funded in part by the MA Assoc. of Councils on Aging.



MEMORY CAFÉ - Tuesday, Oct. 17 • 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.



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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.

Legal Counseling: Thursday, Oct. 5th, appointment required - call 508-799-1233.

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 THIS FALL 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, 12-3 pm**.

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.

NEW CAREGIVER SUPPORT GROUP WITH ST. FRANCIS REHAB AND NURSING CENTER (4th Thursday of the month)

Thurs. October 26 • 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.



SHINE

Serving the Health Information Needs of Elders -

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

Don't Ignore Your Medicare Mail!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO) you should have received information from your plan. It is important to **understand** and **save** this information because it explains the changes in your plan for **2018** including changes to the plan providers, network, and changes to the drug plan formulary that would let you know if your medications will continue to be covered and if the tier and cost is changing. This is important information and if you do not understand it, you should discuss it with your caregivers or schedule an appointment with a SHINE Counselor during the Medicare Open Enrollment Period.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment!

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.**

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.



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 **October 12th:** Healthy Steam Rice (Com Bi Chà): rice, tofu quiche, root shreds, soy sauce.

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 **\$.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.



WRTA OFFERS TRAVEL TRAINING

Did you enjoy your walk along the bike path behind Walmart in June? Would you like to learn how to use the fixed route buses to go for a walk or to the movies? Call Tess, the travel trainer at the WRTA, at 508-453-3451 to make an appointment, and we can do the trip together.



Dan Kirouac entertains

LATINO CLUB 60+

**Mondays & Fridays
9:30-11:30 am**

Contact Lindita Taka, senior services program assistant at 508-799-8030 for more information about the program.

EL CLUB LATINO 60+

Los lunes y Viernes

Para más información, puede comunicarse con Lindita Taka, la asistente de los servicios y programas a 508-799-8030.

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

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



Climate Change Presentation

Châm cứu (Acupuncture)

Châm cứu là phương pháp chữa bệnh khá phổ biến trong cộng đồng người châu Á và Việt Nam. Ở Hoa Kỳ, người thực hành châm cứu phải có bằng tương đương với Thạc sĩ hoặc cao hơn và phải thi lấy giấy phép hành nghề. Thường thì y sĩ châm cứu cũng kiêm luôn hốt thuốc Bắc nên hay được gọi là Đông y sĩ.

Khi châm cứu, y sĩ sẽ dùng kim rất mỏng đã khử trùng ghim vào da của người bệnh ở những nơi có huyết đạo theo đường kinh mạch để kích thích khí huyết lưu thông. Mục đích châm cứu là để giúp cơ thể tự hồi phục và duy trì sức khỏe một cách tự nhiên. Châm cứu chỉ gây cảm giác hơi đau như kiến cắn. Có người cảm thấy hưng phấn, có người cảm thấy thư giãn khi được châm cứu. Đã có đủ bằng chứng khoa học ghi nhận rằng châm cứu có thể chữa khỏi hoặc hỗ trợ trong việc chữa trị một số bệnh, nhưng không phải là tất cả. Những bệnh trạng châm cứu được áp dụng hiệu quả bao gồm: thấp khớp, đau lưng, nhức vai, buồn nôn, lo lắng, mất ngủ, trầm cảm, vô sinh, v.v.

Châm cứu là phương pháp chữa trị an toàn nếu được thực hiện đúng cách. Những điều nên ghi nhớ nếu muốn dùng châm cứu:

- Nên bàn bạc với bác sĩ trước. Khi biết mình có bệnh và nghĩ đến việc kết hợp với châm cứu, hãy hỏi bác sĩ xem châm cứu thêm có tốt hơn không. Có những bệnh tình sẽ trở nên nguy hiểm hơn nếu châm cứu như: dùng một vài loại thuốc đặc trị, có đeo máy tạo nhịp tim, hay bị nhiễm trùng, có bệnh ngoài da, đang có thai.

- Hãy tìm hiểu uy tín của y sĩ châm cứu, kiểm tra xem y sĩ đó lấy bằng ở đâu và hiện đang có giấy phép hành nghề hay không. Có thể nhờ bác sĩ của mình giới thiệu.

- Đừng chỉ dựa vào 1 nguồn tin từ 1 phía mà phải kiểm tra lại với ít nhất một hoặc 2 chuyên gia chăm sóc sức khỏe khác.

- Hãy hỏi lại bảo hiểm sức khỏe của mình xem có được bao trả hay không.

Tóm lược và dịch thuật từ medlineplus.gov và www.webmd.com



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Code: 2605

TERMS & CONDITIONS:
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Worcester, MA 01605

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Sun. 11:30AM-10PM. BAR OPEN LATE.

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

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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 10/31/17.



Gordon Creamer wins a prize from Acclaim Home Health



The Hip-swayers



Seniors enjoy the Fidelity Bank ice cream truck



Move Well & Fit



Laurel's Craft Class makes a colorful umbrella wreath

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- ◆ Spacious 1 bedroom Apartments
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- ◆ Library & Community Rooms with Large Screen TV
- ◆ 24 hour Emergency Maintenance
- ◆ Conveniently located near Hospitals, Shopping Centers & Downtown Worcester
- ◆ Small Pets Welcome

Available occupancy to income eligible adults age 62 and older. Applicants must also meet HUD annual low income guidelines.



42 Vernon Street, Worcester, MA 01610 | Phone: 508-752-5590

Office Hours: Monday & Friday 2p.m. - 5p.m. | Tuesday, Wednesday & Thursday 10a.m. - 3p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Chicken Picatta 2 Couscous Roman Blend Vegetables Cookie Alternate: SOUP DU JOUR GREEK SALAD	Swedish Meatballs 3 Bowtie Pasta Scandinavian Vegetables Strawberries/Whip.Topping Alternate: SOUP DU JOUR EGG SALAD	Egg Frittata 4 O'Brien Potatoes Stewed Tomatoes Fresh Fruit Alternate: SOUP DU JOUR SLICED HAM	Salisbury Steak w/ Gravy 5 Garlic Mashed Potatoes Mixed Vegetables Yogurt Alternate: SOUP DU JOUR SLICED TURKEY	Roast Turkey with Gravy 6 Mashed Sweet Potatoes Cranberry Stuffing Tuscany Vegetables Peaches Alternate: SOUP DU JOUR N.Y. PASTRAMI	
Columbus Day NO MEAL SERVED 9	Pork Rib-i-que 10 Macaroni & Cheese Side Corn Niblets Mandarin Oranges Alternate: SOUP DU JOUR HAM SALAD	Sloppy Joe 11 Potato Wedges Mixed Vegetables Fruit Cocktail Alternate: SOUP DU JOUR SLICED ROAST BEEF	Buttermilk Chicken 12 Red Bliss Potatoes Country Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD	Catch of the Day 13 Wild Rice Tuscany Style Vegetables Brownie Diet=Plain Cake Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD	
Macaroni & Cheese 16 Stewed Tomatoes Green Beans Fresh Fruit Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Stuffed Pepper Casserole 17 Mashed Potatoes Carrots Tapioca Diet = Dt. Tapioca Alternate: SOUP DU JOUR GREEK SALAD	Garlic Herbed Chicken 18 Potatoes Au Gratin Brussels Sprouts Peach Streusel Cake Diet=Small Piece Alternate: SOUP DU JOUR TURKEY CAPE COD	Beef with Pearl Onions 19 Rice Pilaf Peas and Carrots Pineapple Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Breaded Fish 20 Potato Wedges Jardiniere Vegetables Mandarin Oranges Tartar Sauce Alternate: SOUP DU JOUR CORNED BEEF	
Beef Burgundy 23 Brown Rice Winter Mix Vegetables Granola Bar Alternate: SOUP DU JOUR EGG SALAD	Hot Dog on Bun** 24 Baked Beans Mustard Pkt. Coleslaw Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD	American Chop Suey 25 Broccoli & Red Peppers Cranberry Apple Crisp Diet = Baked Apples Alternate: SOUP DU JOUR N.Y. PASTRAMI	Chicken Pesto 26 Gemilli Pasta Corn Birthday Cake Diet = Plain Cake Alternate: SOUP DU JOUR HAM SALAD	Beef and Bean Chili w/ Cheese 27 Baked Potato Mixed Vegetables Mixed Fruit Sour Cream Pkt. Alternate: SOUP DU JOUR SLICED ROAST BEEF	
Ranch Chicken 30 Red Bliss Potatoes Carrots and Green Beans Fresh Fruit Minestrone Soup Alternate: SOUP DU JOUR CHICKEN SALAD	Halloween Baked Potato Bar 31 	MENUS SUBJECT TO CHANGE. * Diabetic Friendly ** Higher Sodium Entree Lunches are at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 at least 2 days in advance by 10:30 a.m. to reserve a meal.			

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 - ◆ Handicap-accessible lounges on every floor
 - ◆ A library with books (English & Spanish)
 - ◆ Physical Fitness Center
 - ◆ A Game Room that includes a billiard table
 - ◆ A Theater-like Media Center
- ◆ Community Room with Bingo Board & Large Screen T.V.

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



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

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

MONDAY		TUESDAY		WEDNESDAY		
<p>9-11:30 CRIBBAGE TOURNAMENT 9-12 DIABETES MANAGEMENT 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 12:30-1:30 Beginner Spanish 12:30-1:30 HEALTHY LIVING SUPPORT GROUP 1-3 HAPPY QUILTERS</p>	2	<p>9-10 Aerobics 9-10:30 REC FARMER'S MARKET 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 QCC NURSING BLOOD PRESSURE CLINIC 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/ Beginner 12-1 Osteo Exercise/ Beginner 12:30-2 Sewing Class</p>	<p>1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p>	3	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-10:30 DIABETES SUPPORT GROUP 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1 WALGREENS FLU CLINIC 10:30-11:30 VIETNAMESE DANCE CLASS 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12:30-2:30 Crochet & Knit for Fun</p>	
<p>CLOSED-COLUMBUS DAY</p> 	9	<p>9-10 Aerobics 9-10:30 REC FARMER'S MARKET 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 11-12 Osteo Exercise/Maint 12-1 Osteo Exercise/ Beginner 12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3 Osteo Nutrition Maintenance</p>	<p>2-3:30 Radio Show</p>	10	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 KNOW YOUR CITY SERIES 10:30-11:30 VIETNAMESE DANCE CLASS 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12:30-1:30 SWAGGER BAND</p>	
<p>9-12 DIABETES MANAGEMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 CRAFT CLASS WITH LAUREL 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 MEDICARE UPDATE WITH SHINE PROGRAM</p>	<p>12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION 1-3 HAPPY QUILTERS</p>	16	<p>9-10 Aerobics 9-10:30 REC FARMER'S 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 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise/ Beginner 12:30-2 MAKE AN EMERGENCY PLAN</p>	<p>12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3:30 MEMORY CAFE 2-3:30 Radio Show</p>	17	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-12 NE HEARING SCREENING 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-11:30 COFFEE CLUB 10:30-11:30 GUIDELINES TO GOOD HEALTH 10:30-11:30 VIETNAMESE DANCE CLASS 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player</p>
<p>9-12 DIABETES MANAGEMENT 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 12-2 QUILTING FOR THE BLIND 12:30-1:30 Beginner Spanish</p>	<p>12:30-1:30 MINDFUL MEDITATION 12:30-1:30 WPD NEIGHBORHOOD WATCH MEETING 4-6 Commission Meeting</p>	23	<p>TRIP:OCTOBERFEST @ LOG CABIN 9-10 Aerobics 9-10:30 REC FARMER'S MARKET 9-12 SHINE Counselor -Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 QCC NURSING BROWN BAG REVIEW 10:30-11:30 WEIGHT MGMT MADE EASY 11-12 Osteo Exercise/Maint.</p>	<p>12-1 Osteo Exercise/ Beginner 12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3 LIBBY 2-3:30 Radio Show</p>	24	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1 WALGREENS FLU CLINIC 10:30-11:30 BREAST CANCER AWARENESS 10:30-11:30 VIETNAMESE DANCE CLASS 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player 12:30-2:30 Crochet & Knit for Fun</p>
<p>9-12 DIABETES MANAGEMENT 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 PITCH TOURNAMENT 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 Beginner Spanish 12:30-1:30 MINDFUL MEDITATION</p>		30	<p>9-10 Aerobics 9-12 SHINE Counselor - Appt. Only 10-11 Joe Fish Fitness 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 FALLON REPRESENTATIVE 10:30-11:30 RSVP LETTER WRITING 11-12 Osteo Exercise/Maint. 12-1 Osteo Exercise/ Beginner 12:30-1:30 HALLOWEEN COSTUME PARTY</p>	<p>12:30-2 Sewing Class 1-2 Osteo Nutrition/Beginner 2-3:30 Radio Show</p>	31	

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DAY

THURSDAY

FRIDAY

<p>1-3 Pitch 1:30-2:30 STRENGTH and BALANCE CLASS 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>4</p>	<p>9-10 Aerobics 9-10 WALKING CLUB 9-11:30 LEGAL COUNSELING-Appt only 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11:30 MAKE & TAKE HOME HYDRANGEA WREATH 9:30-11 BP Clinic by Walgreens 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage</p>	<p>10-12 QCC NURSING BLOOD PRESSURE CLINIC 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 10:30-11:30 WSU OT FALL PREVENTION GROUP 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>5</p>	<p>TRIP-FOXWOODS 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+ 9:30-11:30 Open Bridge 9:30-1:30 WSU ASK A NURSE & BP CLINIC 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL</p>	<p>10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 Osteo Exercise/ Beginner 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 12:30-1:30 WAYNE PAGE MUSIC PRODUCTIONS 1-3 Card Playing 1-3 FRIDAY FLICK - CANCELLED 1-3:30 Watercolor/Mixed Media</p>	<p>6</p>
<p>12:30-2:30 Crochet & Knit for Fun 1-3 Pitch 1:30-2:30 STRENGTH and BALANCE CLASS 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>11</p>	<p>9-10 Aerobics 9-10 WALKING CLUB 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-12 RSVP-Blankets For Babies 10-11 BP Clinic by Shaw's 10-11 Joe Fish Fitness 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group</p>	<p>10-2:30 OIL PAINTING 10:30-11:30 PEERS Bhutanese Group 10:30-11:30 Vietnamese Elder Group 10:30-11:30 WSU OT FALL PREVENTION GROUP 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>12</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 11:30-1:30 WSU ASK A NURSE & BP 12-1 Ballroom Dance</p>	<p>12-1 Osteo Exercise/ Beginner 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - FILM FESTIVAL PREVIEW 1-3:30 Watercolor/Mixed Media</p>	<p>13</p>
<p>12:30-1:30 CONCERT WITH DUANE CARLSON 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:30 STRENGTH and BALANCE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>18</p>	<p>9-10 Aerobics 9-10 WALKING CLUB 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 10-11:30 ESL Tutoring 10-12 Cribbage 10-1 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group</p>	<p>10:30-11:30 WSU OT FALL PREVENTION GROUP 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 Friends BINGO</p>	<p>19</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9-12 MAB COMMUNITY SERVICES LOW VISION SUPPORT GROUP 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 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</p>	<p>12-1 Ballroom Dance 12-1 Osteo Exercise/ Beginner 12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK-"GIFTED" 1-3:30 Watercolor/Mixed Media</p>	<p>20</p>
<p>12:30-2 FRIEND'S CANDIDATE FORUM 1-3 Pitch 1:30-2:30 STRENGTH and BALANCE CLASS 1:30-3 Open Bridge 2-4 SHINE Counselor -by Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>25</p>	<p>9-11:30 Mah Jongg 9-12 Billiards for Women 9-12 Manicures by Sophie 10-10:30 PETS FOR PEOPLE 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1 WALGREENS FLU CLINIC 10:30-11:30 BREAST CANCER AWARENESS 10:30-11:30 VIETNAMESE DANCE CLASS 10:30-12:30 Open Bridge 11:30-12 Gordon Creamer Organ Player</p>	<p>12:30-2:30 Crochet & Knit for Fun 12:30-2 FRIEND'S CANDIDATE FORUM 1-3 Pitch 1:30-2:30 STRENGTH and BALANCE CLASS 1:30-3 Open Bridge 2-4 SHINE Counselor -Appt. Only 3:30-4:30 Tai Chi with Master Kennan</p>	<p>26</p>	<p>9-10 Chinese Elder Group 9-10 Gentle Yoga with Nancy 9:30-11:30 Latino Club 60+ 9:30-11:30 Open Bridge 10-11 HONORING CHOICES 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 Osteo Exercise/ Beginner</p>	<p>12-1:30 Big Book Step Study 12:30-1:30 Chinese Mandarin 1-3 Card Playing 1-3 FRIDAY FLICK - CANCELLED 1-3 MULTICULTURAL POTLUCK 1-3:30 Watercolor/Mixed Media</p>	<p>27</p>



OCTOBER 2017





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





HE'S AFTER YOUR MONEY

Have you ever heard?

- You've just won \$500,000 dollars in the Irish Sweepstakes...
- I'm with the IRS and you owe back taxes...
- Your grandson is in custody, send \$800 to bail him out...
- I'm an Officer of the Court and you missed Jury Duty...
- You can make \$250 a day stuffing envelopes in your home...
- I'm collecting for the Police Department; just leave your donation in an envelope on your porch...
- This is Medicare calling, we're updating our records.



LOOK OUT... all these opening lines are how "the bad guys" go after your wallet. In doubt? Check it out! **1-800-297-9760** RSVP's Senior Fraud Helpline

Primary Sponsor:  Harvard Pilgrim HealthCare

Community Sponsors:



World Class Markets

Brrr... the weather is becoming a bit chilly, the leaves are changing parading us their best array of colors, Mother Nature preparing for a change, in this blessed time of year. Would you consider...becoming 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
- Vacation/Sick days, and Holidays!



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.



**"Know Your City"
With the Department of
Public Works**

**DPW Commissioner
Paul Moosey**



Trash Barrel Centerpiece winners!



The WILLOWS
PREMIER RETIREMENT COMMUNITIES
FOR ACTIVE ADULTS



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

www.SalmonHealth.com

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

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-1 pm**

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.**

CASINO TRIPS

Price \$20. Must be paid before trip.

Foxwoods:

Fridays, October 6, November 3 & December 8.
Depart 8:30 am, Return about 5 pm.

DINE OUT

Monday, October 16th, 4:30 pm.
DINO'S, 13 Lord St., Worcester, MA 01604.
Hope to see you there! Come and meet new friends, no reservations, separate checks.

JULY 50/50 WINNER: Thirza Joost

REMINDER

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

Trips 2017

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

DAY TRIPS

Tuesday, October 24th - Octoberfest at the Log Cabin, Holyoke, MA famous for its "Hospitality with a mountain view." Luncheon followed by German music \$91.00/pp

Monday, November 13th - KITTELY OUTLETS SHOP TIL YOU DROP TOUR. Lunch on your own. \$41.00/pp **Payable by October 13th**

Wednesday, December 6th - "Sleigh Bells Swing" Holiday Luncheon and Show at "The Danversport Yacht Club" \$82.00/pp **Payable by November 11th**

OVERNIGHT TRIPS

Sunday November 5-6 - Turning Stone Resort Casino, Verona, NY-- Overnight Accommodations, Casino Bonus Pkg. \$189.00/pp Dbl, \$269.00/pp Single, \$185.00/pp Triple.

NEW 2018

June 21 to 23, 2018 Penn Dutch Showstopper "Sight & Sound Millennium Theatre, performance of "Jesus" 4 Meals, 2 Breakfast, 2 Dinner must see flyers for full information. Cost \$500.00pp/Dbl, \$490.00/triple, \$600.00/ single. **DEPOSIT DUE 3/14/18**

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 1:00-3:30 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 Coffee Corner is always open for Bingo snacks.

FRIENDS OF WORCESTER SENIOR CENTER CANDIDATES FORUM

Wednesday, October 25 • 12:30-2 pm

We are pleased to be announcing the repeat of our biggest civic event, the FRIENDS' WORCESTER CANDIDATES FORUM. As you are aware, Tuesday, November 7th is our city's alternate year election whereby all elected officials compete for the right to represent you in a number of ways, from the mayor on down. You will have one last opportunity to see them all in one place...right here at the Worcester Senior Center, to not only meet & greet each one, but also to hear them address issues that are relevant to our "mature" community. They will be allowed to distribute literature and meet you individually. Coffee and dessert will be provided at no charge. Please sign up by calling 508-799-1232. Space is limited. See you there! Ron Motta, President of FRIENDS of Worcester's Senior Center. Refreshments will be served!



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 7, NO. 10, OCTOBER 2017

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Surety (Lat.)
- Cubic feet per second (abbr.)
- Father of Jehoshaphat
- Stamp-sheet segment
- Sultry
- Culmination
- Wont
- Melville's captain
- Droop
- Inuit boat
- Legal gambling (abbr.)
- Shoshonean
- Leftside (pref.)
- Extent
- Taint
- Tolstoy heroine
- Sixth sense
- Fresh-water duck
- Act
- Fr. historical provinces

DOWN

- Old Texas linear measure
- Anagram (abbr.)
- Dry wine

ANSWER TO PREVIOUS PUZZLE

ALMS	ELIS	MAA
CEIL	MOLE	AACH
POSE	BAAL	ULE
EADEM	LEDUM	
SERVER	REL	
CLEEK	PARABLE	
OAR	FIB	AIS
WHEEL	VALET	
TIA	SUBDUE	
TODEA	PAGAN	
AGA	DAIL	DEAR
ARC	EDEL	ISHI
LEE	MODE	ASSN

ACROSS

- Secretary (abbr.)
- Evil
- ft. exclamation
- Perturb
- Object of worship
- Hindu garment
- Abnegate
- Razor-billed auk
- Corrode
- Down (pref.)
- Mulberry of India
- Single room occupancy (abbr.)
- Altar constellation

DOWN

- Anglican bishop's garment
- Central points
- Plagiarize
- Amer. Automobile Assn. (abbr.)
- Sailboat
- Love (Lat.)
- Additional postscript (abbr.)
- Recede
- Ballet skirt
- Ketone (pref.)
- Way
- Important
- But (Sp.)
- Within (pref.)
- Dropsy
- Extrasensory perception (abbr.)
- Roam
- Eng. cathedral city
- Allspice
- Five-franc piece
- Rom. author
- WWI battle
- Television channel
- FDR's dog
- Wither
- Growl
- Eight (pref.)
- Drug Enforcement Admin. (abbr.)
- Adjective-forming (suf.)
- Fiddler crab genus

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