

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 12, DECEMBER 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

Worcester's Premier Senior Residential Care Facility



The Oasis is more affordable than you think and provides a higher level of care than traditional assisted living.

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SEE PG 5 FOR FEATURED PROGRAMS

Holiday Decorating

Wed. Dec. 4 • 9:30-11:30 am

"Your Presence Is Our Greatest Gift" WSC ANNUAL HOLIDAY PARTY

Wed. December 11th • 10 am-1:30 pm
Snow date Wed. December 18th

*It's time for the conductor to guide
his passengers to the North Pole on....*

THE POLAR EXPRESS

Fri. Dec. 13 • 10-11:30am
Snow date Fri. Dec. 20th

"WEAR YOUR FAVORITE HOLIDAY SWEATER"

While enjoying Festive Holiday Music
by Bill McCarthy
Thurs. Dec. 19 • 10:30-11:30 am



The Haverston Mills Town Meeting comedy



Worcester State University
students present Living Well
with Hearing Loss



Evaluating Your Antiques with
Auctioneer Wayne Tuskula



Senator Michael Moore serves
homemade apple crisp to very
happy seniors

WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions  WORCESTER
Senior Center
Taking You In New Directions



SUBSCRIBE!

Mailed for just
Pennies per day



**Stay informed with Senior Center
articles and information that matters!**



SUBSCRIBE TODAY! CALL 508-799-1200

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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.



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.

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, Dec. 9 • 10-11:30 am
Project: \$3.00. Decorative lampshade. Makes a great holiday gift. Call 508-799-1232 to register.



OIL PAINTING WITH DARRELL CROW

Thursday, Dec. 12 • 10 am-2:30 pm

Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited.



Class project: **The Bug**. A1/2 hr. break provided for lunch. Register by calling 508-799-1232.

THE LIBRARIANS ARE COMING

Tuesday, Dec. 10 • 1-2 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.

WPD COMMUNITY CONCERNS MEETING AND MEDICATION TAKE BACK BIN

Thursday, Dec. 12 • 11:30 am-12:30 pm

Join WPD Officer Sean Lovely to discuss neighborhood issues and concerns. Medication Take Back Bin will be available for your old meds.

FREE DROP IN COLORING FUN

Friday, Dec. 13 • 10-11:30 am

2nd Friday of the month. Relaxing & fun!

WOOD BURNING ART CLASS

Thursday, Dec. 5 & 19 • 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.

HERBERT E. BERG FLOWER ARRANGING

Wednesday, Dec. 4 • 1-2 & 2-3 pm

Make and take home a **Boxwood Tree arrangement**. \$12 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232.

TABLETOP GRINCH TREE WITH BEMIS NURSERY

Mon. December 16 • 1-3 pm

A fun and easy way to add a little whimsy to your holiday! This tree is about 24" tall and explodes with happiness. Please sign up for this program by calling 508-799-1232.



BOOK DISCUSSION

Thursday, December 19 • 1-2 pm

We are reading *A House Among the Trees* by Julia Glass the story of an unusual bond between a world-famous writer and his assistant—a richly plotted novel of friendship and love, artistic ambition, the perils of celebrity, and the power of an unexpected legacy. In January, we are reading *The Chelsea Girls* by Fiona Davis.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, Dec. 17 • 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.

WATERCOLOR / MIXED MEDIA

Fridays, 1-3:30 pm **FREE**

Have fun and paint with Elio Sonsini

SIGNUPS FOR EITHER SENIOR CHALLENGE EXERCISE CLASS WITH JOE FISH OR SAIL...

Will take place at the main desk or by calling 508-799-1232. **Registration: Mon, Dec. 16th at 10 am.** Senior Challenge starts Thurs. January 2, 2020. SAIL starts Tues. January 7, 2020.

WE'VE GOT TO HAVE FRIENDS

Super singer Carlson, perfect pianist Richards and so much more thanks to Friends of Worcester's Senior Center!

COMING IN JANUARY

- **A NEW YEAR** for the WSC Distinguished Speaker Series "A new YOU for 2020!" **WELLNESS, HEALTH CONSCIOUS KICK OFF to the NEW YEAR Exercise, Nutrition and Mindfulness!** Wed. Jan. 15th
Snow date Wed. Jan. 22nd
- **Friday Flick: Sammy Davis, Jr.: I've Gotta Be Me** Sponsored by the JCC
Fri. Jan. 17th. Snow date Fri. Jan 24th, 1-3pm
- **Mass Audubon "The Nature of Worcester: Parks, Ponds, and Places to Enjoy"** Wed. Jan. 29th 10:30-11:30 am
Snow date of Thurs. Jan. 30th
- **Local Author Talk with Marie LeClaire,**
Thurs. Jan. 23rd, 10-11 am. Snow date Fri. Jan. 24th

THE REGIONAL ENVIRONMENTAL COUNCIL'S WINTER MOBILE MARKET:

TUESDAYS, 9-11 AM
GET YOUR FRESH FRUITS, VEGETABLES AND MORE....



SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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

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



"Your Presence Is Our Greatest Gift"

WSC ANNUAL HOLIDAY PARTY

Wed. December 11th - Snow date Wed. December 18th

10-11:30 am ENTERTAINMENT:

~ Vietnamese Elder Group Chorus ~

~ Chinese Elder Group Chorus ~ Arabic Elder Group Dance ~

11:45 am-12:30 pm ESWA LUNCH:

Call ESWA @ 508-799-8070 to reserve your lunch.

12:30-1:30 pm Worcester Academy and Clark University students perform.



The Worcester Academy Middle School and Thomas Mueller along with other talented Clark University performers are thrilled to be performing at this year's Worcester Senior Holiday party! We are looking forward to sharing our music with you all, including some holiday favorites. Be prepared to sing along.



Program sponsored by:

Holiday gift sponsored by:



Holiday Decorating

Wed. Dec. 4 • 9:30-11:30 am

Join us for some fun holiday decorating, trim the trees, enjoy holiday music and hang some snowflakes while enjoying holiday refreshments. Let us know if you plan on helping by stopping at the front desk or call 508-799-1232. Refreshments sponsored by



IT'S TIME FOR THE CONDUCTOR TO GUIDE HIS PASSENGERS TO THE NORTH POLE ON....

THE POLAR EXPRESS

Fri, Dec. 13 • 10-11:30 am • Snow date Fri. Dec. 20th

Meet Conductor, John Riccio of RSVP Worcester Area Volunteers, Union Hill School First Graders will join us for the story and fun! A special WFD guest appearance who will provide goodies and refreshments! Sponsored by RSVP Worcester Area Volunteers. Register at the front desk or call 508-799-1232.



"WEAR YOUR FAVORITE HOLIDAY SWEATER"

While enjoying Festive Holiday Music by Bill McCarthy
Thursday, December 19 • 10:30-11:30 am

ESWA Special Holiday Meal: To reserve your meal call ESWA Nutrition program at 508-799-8070. Sponsored by:



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



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

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

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

A GUIDE TO GRIEF AND LOSS

Tuesday, Dec. 3 • 10:30-11:30 am

Learn about the grieving process when we suffer a loss. What are we really feeling? Is it "normal?" How long will we feel this way? Can we expect to live a happy life after we go through a loss? We will talk about ways to help make sense of a difficult time and to bring solace in that how we suffer is truly universal. Call 508-799-1232 to register.



BLUE CROSS & BLUE SHIELD HEALTH PLAN OPTIONS

Thursday, December 5 • 10:30-11:30 am

Medicare open enrollment ends Dec 7th

Information for individuals on Medicare or approaching Medicare who may have questions about their health plan or other available plan types. Learn about the differences between Medigap and Medicare Advantage plans and when enrollees can switch plans.



VISITING DENTAL ASSOCIATES OF CENTRAL MA

Friday, Dec 6 • 9:15 am-3 pm

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

DECEMBER SAFETY TIP

To stick to an exercise schedule, bundle up and get out for a walk around the block if the sidewalks are dry. If it's snowing or icy outside, drive to an indoor shopping mall and walk a few laps while window-shopping.

STROKE: SYMPTOMS, PREVENTION & TREATMENT

Mon, Dec. 9 • 10:30-11:30 am

Learn how to recognize the early signs of a stroke with Fairlawn R.N.; a rehabilitation professional will explain the ways strokes affect a person's function & how rehabilitation can help. Call 508-799-1232 to register.



FREE TAI CHI WITH MASTER DANSEREAU

Wednesdays, 2:30-3:30 pm

Learn Tai Chi 24-Form Yang style with Master John Dansereau, 5th Degree Black Belt Certified Tai Chi & Karate Instructor. Prior experience with Tai Chi welcome but not required. Free pilot program thru Dec. 18th. Call 508-799-1232 to register.



FALL SERVICE & CARE IN THE COMMUNITY PROJECT WITH MCPHS & THE WORCESTER SENIOR CENTER

MCPHS students will research and share medication issues related to High Blood Pressure, High Cholesterol and Type 2 Diabetes in seniors. This will help you to consider changes in lifestyle behavior and re-examine medication compliance. Check out the bulletin board on the second floor at the end of the hall, visit the poster and grab a handout!



COMING IN JANUARY HEALTH

- **AEROBICS with NANCY CIMATO RETURNS TUESDAYS ONLY, 9-10 AM \$3 per person.**

NEW CAREGIVER SUPPORT GROUP



Tues. Dec. 17 • 1-2 pm

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

MEMORY CAFE

Tuesday, Dec.17 • 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.



"TIME TO CARE" RESPITE DAY PROGRAM

Tuesdays, 10 am-2 pm

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



CENTURY HOME CARE GLUCOSE TESTING

Tuesday, Dec. 17 • 9:30-10:30 am

CHRISTOPHER HEIGHTS of Worcester AN ASSISTED LIVING COMMUNITY

Visit our website at www.christopherheights.com & take a virtual tour of our neighborhood.



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



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Hear For Your Life

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

- Hearing Aids
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- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
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Matthew Moreno, Au.D.
Doctor of Audiology

HOLDEN HEARING AID CENTER, INC.

695 Main Street • Holden, MA 01520
Phone: 508-829-5566 • Fax: 508-829-5575
www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

ZUMBA GOLD EXERCISE**Friday, December • 9-9:45 am**

Lourdes Serrano, Certified Zumba Gold Dance Instructor.
ZUMBA is a Latin dance fitness class for the active older adult.
Steps modified for all levels of fitness. See instructor for fee.



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

Mondays: Seated Strength 1:30-2:15 pm: Work towards strengthening muscles; without ever leaving the chair.

Wed. Seated Core 1:30-2:15 pm: Grab a chair & 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.

Fri.: Seated Stretch/Yoga 1:30-2:15 pm: 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. Sponsored by:

**FREE MINDFUL MEDITATION****Mon., Dec. 2, 9 & 16 • 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. Donations accepted. Call 508-799-1232 to register. Scholarships available. Contact Patty Hainsworth @ 508-799-1232 xt. 48012 for more information.

**GIVE YOURSELF THE GIFT OF UNDERSTANDING
HOW TO USE YOUR COMPUTER OR TABLET**

Are you good at doing some things on your tablet, or computer, and want to learn to do a few more?? Bring a list of questions about a new tablet - or one that you've had for a while, but cannot figure out. If you need simple, non-technical answers to your questions, you can schedule a private lesson at the Worcester Senior Center Computer Lab. Call 508-799-1232, extension 48008, and speak with Ann Stamm, Computer Lab Coordinator, to arrange an appointment for a one-to-one session (for \$10 per hour). If there is no answer, please leave a message and your call will be returned as soon as possible

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

Your AGE really is your EDGE!!**Wednesday, December 11 • 9:30-11:30 am**

Support and assistance to people age 50+ who are seeking a new job or career direction, reentering the workforce after an employment gap or their Second Act career after retirement. New Topic each week. Facilitated by an HR professional/career coach! Join us for Guided Networking with peers. Develop new skills, tools and strategies to help in your career transition. Email Melody Beach Melody@melodybeachconsulting.com to register. Funded by AARP & Massachusetts Assoc. of Councils on Aging.

**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

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 Latino: Friday 10-10:30 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

Joe Fish Fitness: **CLASS FULL**

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

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

Chinese Tai Chi: Fridays 9-9:30

Ping Pong: Thursdays 1-3 pm

MEETINGS

Commission on Elder Affairs: 4th Monday at 4 pm

African American Elder Group: Thursdays at 10 am

Vietnamese Elder Group: Thursdays at 10:15 am

Chinese Elder Group: Fridays 9-10 am

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

Latino Club 60+: Mondays & 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.

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

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

LEGAL CONSULTATIONS

with **Atty. Michael Gorman**

Friday, Dec. 13 • 9:30-12:30 pm

NOTARY & LEGAL CONSULTATIONS

with **Atty. Anthony J. Vigliotti**

Thursday, Dec. 19 • 10 am-12 noon

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

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.



BOBBY M'S DINER HOLIDAY HOURS & CLOSING

The diner will have a limited menu on December 23rd & 24th in preparation for the winter break. Bobby M's Diner will be closed December 25th thru January 5th and will reopen for regular business on Monday, January 6th. Sorry for any inconvenience this may cause.



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)*

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7TH

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered) and preferred pharmacies. In the case of Medicare Advantage Plans, they can also drop providers from their Plan. It's important to review your options EVERY year to make sure you have the plan that works best for you for next year. **This year we are anticipating that there may be some new plans and choices for you to make. Along with these new plans and choices we expect there will be some aggressive marketing with an unusual high volume of plan sponsored meetings.**

Remember!! You need to be sure that you're primary care physician and other providers are covered in the plans network **before** you change to a different Medicare plan. You should also be sure your medications are covered as well.

Additionally starting this year, we are strongly urging all beneficiaries, to sign up for a "mymedicare account". Having this account will allow us to assist you more comprehensively with you choices for 2020. Information on signing up is available on our website www.shinema.org. Just click on the **mymedicare** link.

For more info. call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment it may take a couple of days to return your call. You can now visit us on the internet at shinema.org
SHINE Volunteer: Hazel Nourse. Appointment required, call: 508-799-1232, ext. 48003. You can also visit us on the internet at 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 **Dec. 12:** Udon wheat noodles, various soy proteins, broccoli, carrot, onion, cabbage, garlic.

LGBTQ 60+ CLUB

Please join us at the senior center for the new monthly LGBTQ + Support/Social Group. The group meets every 2nd Tuesday of the month from 10 am- 11:30 am **This is an opportunity to spend time with old friends and make new friends!** Contact **Linda Wincek-Moore** at 508-799-1232 x48011 for more information.



TRANSPORTATION

For information and assistance, visit or call Senior Center Client Advocates at 508-799-1232 Linda (ext. 48011, Yung (ext. 48006) or Lindita (ext. 48003).

2 WRTA Routes Service the Worcester Senior Center:

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

VOLUNTEERS NEEDED FOR TAX PREPARATION

Tax-Aide, a partnership between the IRS and the AARP Foundation, needs volunteer counselors to help low- and moderate-income persons in your community prepare their Federal and Massachusetts income taxes. Additional positions for site greeters are also available.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb 1st to Apr 15th. Training for volunteer preparers will be on three Saturdays in December. Internet access and basic computer skills are necessary. For an application and/or further information, go to < <https://aarp.org/taxaide> >.

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

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

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

**CHINESE ELDER PROGRAM
 EVERY FRIDAY:**

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

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

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

VIETNAMESE ELDER PROGRAM

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

- Thẻ dực Dưỡng sinh hoặc Đi bộ
- Thông dịch xem giấy tờ
- Học tiếng Anh Căn bản
- Hạp 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.



Photographer Ron Rosenstock showcases Italy



Congratulation to Jenny & all her walkers on another successful walking club season!



Congratulations to Amy Waters, senior center director, on her MCOA Lifetime Achievement Award!

**THE WORCESTER
 SENIOR CENTER
 MULTICULTURAL
 POTLUCK
 2019**





Enjoy these discounts from some of the eateries
in our Worcester area



GREEN HILL TOWERS

Award Winning Affordable Senior Housing

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

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



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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Fish with Dill Sauce 2 Lemon Herb Rice Peas Mandarin Oranges Corn Muffin Alternate: WHITE FISH SOFRITO SPANISH RICE	Hot Dog 3 Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Alternate: SOUP DU JOUR EGG SALAD	Stuffed Pepper Casserole 4 Garlic Mashed Potatoes Carrots Brownie Diet=Half Piece Alternate: SOUP DU JOUR SLICED HAM	Ranch Chicken 5 Wild Rice Spinach Lorna Doone Cookies Alternate: SOUP DU JOUR SLICED TURKEY	Braised Beef 6 Gemelli Pasta Broccoli & Red Peppers Baked Cinnamon Pears Alternate: SOUP DU JOUR N.Y. PASTRAMI	
Burger w/Chili & Cheese 9 Sweet Potato Fries Green Beans Strawberries Sandwich Roll Alternate: SOUP DU JOUR CHICKEN SALAD	Chicken Pesto 10 Seasoned Potatoes Scandinavian Vegetables Vanilla Mousse Alternate: CULTURAL MEAL	Turkey w/ Gravy 11 Cranberry Stuffing California Blend Veg Dessert Corn Muffin No Alt Served	American Chop Suey 12 Roasted Broccoli & Carrots Bread Pudding Alternate: SOUP DU JOUR TURKEY SALAD	Jambalaya 13 Rice Pilaf Summer Corn Pineapple Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD	
Greek Chicken 16 Steamed White Rice Roasted Brussels Sprouts Chocolate Pudding Diet = Diet Pudding Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Meatloaf w/Gravy 17 Mashed Potatoes Mixed Vegetables Apple Crisp Diet = Applesauce Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Shepherd's Pie 18 Carrots Peas Peaches Whole Wheat Bread Alternate: SOUP DU JOUR SLICED TURKEY	Sage Stuffed Chicken 19 Sr Crm & Chive Mashed Potato Roasted Carrots Cream Puff French Bread No Alt Served	Lemon Pepper Fish 20 Seasoned Potatoes Jardiniere Vegetables Fresh Fruit Marble Rye Bread Alternate: CULTURAL MEAL	
Vegetable Cheese Bake 23 Herbed Potatoes Green Beans Mandarin Oranges French Bread Alternate: SOUP DU JOUR EGG SALAD	Roast Turkey w/ Supreme Sauce 24 Rice Pilaf Corn Niblets Pear Crisp / Diet = Pears Alternate: SOUP DU JOUR TURKEY SALAD	Christmas Day 25 No Meals Served 	Salisbury Steak w/ Gravy 26 Garlic Mashed Potatoes Peas & Carrots Birthday Cake Diet = Half Piece Alternate: SOUP DU JOUR HAM SALAD	Potato Crunch Fish 27 Couscous Mixed Vegetables Fruited Ambrosia Marble Rye Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF	
Chicken Picatta 30 Wild Rice Roasted Broccoli Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR CHICKEN SALAD	Meatballs w/ Onion Gravy 31 Bowtie Pasta Country Blend Vegetables Pineapple Biscuit Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	 MENUS SUBJECT TO CHANGE. Lunch is served at 11:45 am. \$2.50 suggested donation. Call 508-799-8070 between 9 & 1 pm and 508-852-3205 ext. 290 after 1 pm at least 2 days in advance by 10:30 am, to reserve a meal.			



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 \$48,100 for one person, and \$54,950 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 \$30,050. Stop by or call for more details.



Colony Retirement Homes I
485 Grove Street
Worcester, MA 01605
(508) 852-5285

www.colonyretirementhomes.com



MONDAY		TUESDAY		WEDNESDAY	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 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	1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 2 1:30-2:30 LEARNING ITALIAN	9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-11:30 A GUIDE TO GRIEF AND LOSS 10:30-12 Arabic Elder Group	11-12 Osteo Exercise/Maint. 3 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 2-3:30 Radio Show	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 HOLIDAY DECORATING 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 10:30-11:30 STROKE TALK 11-12 Spanish Class 12:30-1:30 Beginner Spanish	12:30-1:30 MINDFUL MEDITATION 9 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN	9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-11:30 LGBTQ+ 60+ CLUB 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group 11-12 Osteo Exercise/Maint.	11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 LIBRARY OUTREACH 2-3:30 Radio Show 10	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 9:30-11:30 AARP 50+ Job Seekers 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10-1:30 WSC HOLIDAY PARTY 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 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 1-3 BEMIS FARM-GRINCH TREE	1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 16 1:30-2:30 LEARNING ITALIAN	9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 GLUCOSE TESTING BY CENTURY HOME CARE 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint. 10-12 Cribbage 10-12 RSVP- Letter Writing 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 10:30-12 Arabic Elder Group	11-12 Osteo Exercise/Maint. 17 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class 1-2 CAREGIVER SUPPORT GROUP 2-3:30 MEMORY CAFÉ 2-3 LIBBY 2-3:30 Radio Show	9-11:30 Mah Jongg 9-11:30 Wed card pick-up group 9-12 Billiards for Women 9-12 Manicures by Sophie 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12 Conversational English 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet &Knit for Fun 1-3 Pitch 1:30-2:15 SEATED CORE CLASS	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 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 1:30-2:15 SEATED STRENGTH CLASS-	CANCELLED 1:30-2:30 LEARNING ITALIAN 2-6 commission meeting 23	9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint- CANCELLED 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 11-12 Osteo Exercise/Maint-CANCELLED 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group	12:30-2 Sewing Class 2-3:30 Radio Show 24	Merry Christmas CENTER CLOSED	
9-9:30 Monday Tai Chi 9-1 BEGINNER SCRABBLE 9:30-10:30 PIANO LESSONS 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 1:30-2:15 SEATED STRENGTH CLASS- CANCELLED	1:30-2:30 LEARNING ITALIAN 30	TRIP: AN AMERICAN BANDSTAND 9-11 REC WINTER FARMER'S MARKET 9-11 BP WITH DPH NURSE AMELIA 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Osteo Exercise/Maint-CANCELLED 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 A TIME TO CARE 11-12 Osteo Exercise/Maint-CANCELLED 11-12 SAIL EXERCISE 12-1 Taijiquan Practice Group 12:30-2 Sewing Class	2-3:30 Radio Show 31		

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www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

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Knollwood
Nursing Center
YOUR PARTNERS IN CARE

DAY	THURSDAY		FRIDAY				
<p>1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2-3 FLOWER ARRANGING 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p>	4	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 BCBS HEALTH PLAN OPTIONS 10:30-12:30 Vietnamese Elder Group</p>	<p>11-11:45 Albanian Elder Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	5	<p>TRIP: FOXWOODS 9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:15-3 VISITING DENTAL ASSOC OF CENTRAL MA- by Appt Only 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 10-11 Osteo Exercise/Maint</p>	6	<p>10-11:30 Chinese ESL 10-12 Cribbage 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK-"THE COMMAND" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p>
<p>1-3 Pitch 1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p>	11	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING 10:30-12:30 Vietnamese Elder Group 11-11:45 Albanian Elder Group</p>	<p>11:30-12:30 WPD COMMUNITY CONCERNS MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	12	<p>TRIP: YULETIDE NEWPORT 9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 9:30-12:30 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-11 LATINO ESL 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL</p>	13	<p>10-11:30 POLAR EXPRESS 10-12 Cribbage 11-12 Beginner French 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK - "ALL IS TRUE" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p>
<p>1:30-3 Open Bridge 2:30-3:30 TAI CHI CLASS WITH MASTER DANSEREAU</p>	18	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group</p>	<p>10:30-11:30 WEAR YOUR HOLIDAY SWEATER PARTY 11-11:45 Albanian Elder Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO</p>	19	<p>9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 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</p>	20	<p>1-3 Card Playing 1-3 FRIDAY FLICK - "SURVIVING CHRISTMAS" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p> 
	25	<p>9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-11 Albanian ESL 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-12:30 Vietnamese Elder Group 1-3 Ping Pong</p>	<p>1-4 FRIENDS BINGO</p> 	26	<p>9-9:30 Chinese Tai Chi 9-9:45 ZUMBA GOLD 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 LATINO ESL 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</p>	27	<p>1-3 Card Playing 1-3 FRIDAY FLICK - "STAR WARS EPISODE VIII" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS</p>



SAME CARING TRADITION, *A Whole New Level of Care*
5 STAR MEDICARE RATING. RENOVATIONS COMPLETE.

At Lutheran Rehabilitation and Skilled Care Center, caring for area seniors is more than a tradition – it's our commitment to the community. Now offering a premier elder care continuum:

- Luxury Senior Living Accommodations of The Lillie Mansion
- Center for Short-term Rehabilitation
- Traditional Long-term Care
- New Rehab Therapy Gym with Model Apartment now with Outpatient Rehab Services
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508-754-8877
 www.lutheranrehab.com

CALL US TODAY TO SCHEDULE A TOUR.

'TIS THE SEASON OF GIVING.

And the fascinating part about giving is that we receive something in return. By doing for others, we give ourselves a gift as well. Giving is good for our spirit — it renews us and makes us feel connected to those around us.

If you are filled with the spirit of giving, but not sure what, where or how to give - call us over at RSVP Volunteers of Central MA! RSVP partners with non-profit organizations all over Worcester County and we help you decide on the giving opportunity that is best for you!

Sample volunteer opportunities open this Holiday season include but are not limited to:

- Assist with one of RSVP's many programs supporting Elder Justice:
- Prepare or deliver Meals on Wheels.
- Become an integral part of a Hospice team.
- Help rebuild our community by joining the team at the Habitat for Humanity ReStore.
- Become a tutor or provide classroom support for the Worcester Public School System.

Call Tiffany today to hear more about the many opportunities open at RSVP! 508-791-7787

Recognize • Resist • Report. Call the Senior Fraud Helpline at 1-800-297-9760.

RSVP is sponsored locally by Family Services of Central MA



Spread some CHEER and VOLUNTEER

This holiday season become a Senior Companion Volunteer!



It is a wonderful opportunity for you, to spread some cheer!! If you can volunteer from 5-40 hours per week you will be eligible for:

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



Most importantly there is an opportunity to give back to your community through the Love of your volunteer efforts!!

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 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

SEPTEMBER CALENDAR WINNERS

WEEK	WINNER	COMPLIMENTS OF
1	Rita Deluca	Overlook Healthcare
2	Gloria Guagnini	Steven Welch
3	JoAnne Cronin	Thirza Joost
4	Sharon Canning	Bette-Ann Knight
5	Eleanor Falcone	Tony Economou
6	Stephanie Belvery	George Russell
7	Roland Morin	Gary Rosen
8	Linda Wasbes	Daviau Law Office
9	Matt Schluckebier	FOWSC "BingO"
10	John Dagnello	"Friends"
11	Marie Remillard	"Friends"
12	Aaron Chabot	"Friends"
13	Carolyn Row	"Friends"
14	Marilyn Donovan	"Friends"
15	Donald Cousineau	"Friends"
16	JoAnn Bricault	"Friends"
17	David E Knight	"Friends"
18	Patricia O'Loughlin	"Friends"
19	Bruce Frederick	Stephanie Fattman
20	Robin Higgins	Mayor Joseph Petty
21	Ray Beliveau	Michael Moore
22	Karen Riro	Dianna L Biancheria
23	Jodie Jacque	John Monfredo & Matt Wally
24	Evelyn Carr	Donna Colorio
25	Emma Guagnini	Morris A Bergman
26	Barbara LaMountain	Daniel Donahue
27	Mitch Hilow	Sean Rose
28	Joseph Dooley	Sean Rose
29	Pat Lindquist	Candy Mero Carlson
30	Susan Wolak	Laura Clancey



Joe Monfette and Cameron, the Therapy Dog, are retiring after four years and over 10,000 canine to human contacts as RSVP Volunteers! Thank you Joe & Cameron!!



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 9:30 am - 12:30 pm

Be the **FIRST** to order your **NEW Worcester Senior Center Sweatshirt/Tee shirts!!!**

BINGO every THURSDAY 1-3:30 pm

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

Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at La Salette Shrine	\$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	NEW \$94.00/per person
Mon., Feb. 17, 2020	MGM, Springfield, MA	NEW \$20.00 Slot Play, \$10.00 Food Credit \$30.00/per person Includes driver gratuity

OVERNIGHT TRIPS: Deposit required at time of reservation as listed on flyer

Depart: Sunday, February 23, 2020 Return: Tuesday, February 25, 2020	Atlantic City	CANCELLED
Depart: Sunday, March 1, 2020 Return: Monday, March 2, 2020	Turning Stone Resort Casino	Meal vouchers plus your choice of Bonus Pkg Double \$227.00pp, Triple \$223.00/pp, Single \$307.00/pp NEW Deposit due by 12/20/2019
Depart: Wednesday, June 17, 2020 Return: Friday, June 19, 2020	Penn Dutch Showstopper - Sound Theater "Queen Esther"	Double \$546.00/pp, Triple \$536.00/pp, Single \$656.00/pp, Child \$456.00/pp Deposit due by 3/10/20
Depart: Sunday, August 30, 2020 Return: Monday, August 31, 2020	Saratoga Racing	Double \$347.00/pp, Triple \$337.00/pp, Single \$447.00/pp NEW Deposit due by 5/22/2020

FOXWOOD CASINO TRIPS: Friday, December 6 - Price \$20.00 - Must be paid when making reservation

Quinsigamond Community College Alumni Association Advisory Board Presents...
"GRANDMA GOT RUNNED OVER BY A... OH DEAR" featuring the Comical Mystery Tour Players.

TICKETS:
\$35 pp, \$65 per couple, or \$180 per table (6 pp)

DATE & TIME:
Saturday, December 7th at 5:30 pm (Doors open at 5 pm, Dinner served at 6:30 pm) RSVP by 12/2/19

LOCATION:
Worcester Senior Center 128 Providence St.
Worcester, MA 01604

MENU OPTIONS:
Braised beef, Maple Glazed Salmon, Vegetarian Stuffed Spaghetti Sauce

COSTUMES:
We encourage you to dress up like a hillbilly!

REGISTER & PAY ONLINE:
www.QCC.edu/mysterydinner

QUESTIONS?
Contact jvo@qcc.mass.edu or call 508-854-4235.

Proceeds benefit the QCC Alumni Scholarship Fund



THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 12, DECEMBER 2019

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

B
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G
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Sudoku

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

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Act
- Decorated wall part
- Hindu title
- Always
- Equal
- Employment Opportunity Commission (abbr.)
- Coal scuttle
- Kora
- Wood sorrel
- Strain
- Gag
- Cat genus
- Revolver
- Irish exclamation
- Cob (2 words)
- Ten (pref.)
- Muslim prayer
- Bantu language
- Evergreen shrub
- Afr. gazelle
- To be

DOWN

- Small number
- Stowe character
- At the age of (Lat.)
- Quaking
- Tenth part
- Time period
- Physicians, for short
- Little (suf.)

ANNOUNCED (abbr.)

- Become dim
- Sandbox tree
- Fact
- Chin. plant
- Tutor of Alexander
- Edomite city
- Andes plateau
- Salt
- Old (Ger.)
- Elbe tributary
- Togs

ANSWER TO PREVIOUS PUZZLE

CAAM	AQUA	MAA
OLEO	BULB	ABB
ABOU	PANICKED	
TANSY	ADZE	
	SANA	EAVES
BEVERAGE	ROCK	
ALA	DUNCE	IHI
FARM	TURANDOT	
THIEF	SUSA	
ADAD	EGEST	
HABITUAL	AGHA	
AWL	ADAT	NAIS
BEE	LEAD	ALAS

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		