

THE SENIOR SCOOP

taking you in new directions

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



WELCOME NEW READERS: COMPLIMENTARY ISSUE

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

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

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Dear Readers,

I just googled "Keeping up morale during Covid" and the first thing that popped up were numerous videos of random people from countries all over the world playing music on their balconies, cheering on essential workers, and other very visible positive occurrences. The quieter actions of others also boost our spirits, like calling to check on a neighbor, or smiling at others with your eyes and a wave, while wearing a mask. I'm not telling you anything you don't know. I am just marveling at our resilience, and how much human connection impacts our health.

The Worcester Senior Center continues to help you "stay connected." If our

building doors are still closed when you read this, I hope you take full advantage of the programs we produce for you, airing on Worcester's TV Channel 192 as well as online. Many of you have asked that we continue to provide this quality remote programming even when the center re-opens, and we intend to do so. The Senior Center's virtual balcony has become an amazing success. Still, in-person music filling the lunchroom can't be beat. I look forward to a safe opening day, hopefully in the near future.

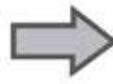
Be well - Amy Waters, Director



WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions  WORCESTER SeniorCenter Living Well in New Directions



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

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

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

Hello Everyone,

As we go to print (in August), I am sending out the same message that the Senior Center remains closed to the public. We continue to offer special editions for your enjoyment as well as helpful information on various resources and services. Enjoy these helpful tips, but know that you can call the WSC main number at 508-799-1232 for any assistance.

While the senior center is closed, our program coordinator, Suki Lapin, continues to work hard to provide you with timely entertainment and exercises from our well-known instructors.

Continue to enjoy our programming from your living room: programming to be aired on the WORCESTER SENIOR CENTER stay connected channel 192, Government channel, (Worcester residents only) others can view these programs on the WSC Facebook page WSC website and youtube.

Sincerely,

Patty Hainsworth

Patty Hainsworth, Editor, Worcester Senior Center SCOOP

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



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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.



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A PERFECT "FEEL-GOOD QUARANTINE" STORY. This Multicultural poster was created by artist Brian Guagnini. This multicultural message and meaning, translated in 5 languages reminds seniors to Stay Safe, Stay Hydrated and Stay Connected Watching Channel 192! Thank you Brian R. Guagnini for sharing your time and talent, especially during these trying times, with our seniors; As Brian stated this was a "labor of love"!

BEGINNER FLOWER ARRANGING WITH SALLY JABLONSKI, HERBERT BERG FLORIST - Class continues with basic flower arranging.



New flower techniques will be added to the Fall Halloween arrangement to spark creativity and have fun.

Additions to your tool box and flower identification will continue each month.



COMING IN NOVEMBER:

Preservation Worcester presents "Celebrating the Holidays in Worcester's Most Gracious Homes."



WSC Distinguished Speaker Series in collaboration with the Worcester JCC welcomes Retired Mass. Juvenile Court Chief Justice Martha P. Grace and Retired Attorney Jack Ross who will discuss this year's Supreme Court term featuring major rulings on abortion, religion, immigration and a fair number of surprises.

Mystery of Morocco-Travelogue Program by photographer Ron Rosenstock, represented by Sbrogna's Artistic Promotions.

The Significance of Estate Planning in the LGBTQ Community with Cathleen H. Summers, Esq. Generations Law Group.

STAY SAFE, STAY HYDRATED AND STAY CONNECTED WATCHING CHANNEL 192!

Giữ sức khỏe. Uống nhiều nước. Giữ liên lạc qua kênh truyền hình 192!

ابق آمنا ، حافظ على رطوبة جسمك وابق على اتصال دائم بمشاهدة القناة 192

¡ Manténgase a salvo, manténgase hidratado y manténgase conectado mirando el canal 192!

注意安全，补充水分，并观看192频道来保持联系！

QCC HRM MULTI-CULTURAL COOKING VIDEOS

The WSC Annual Multi-cultural Pot Luck Luncheon will be virtual this year! QCC's Bobby M's Diner invites you to join them to learn to cook a multi-cultural meal.

The Diner would also like to let you know they are beginning their production of delicious call ahead meals with reduced contact curbside pick up at the Senior Center. Please look for more details to come!

CONTACT TRACING: Answer the call and stop the spread of COVID-19! Verify the MA COVID Team is calling, look for calls with area code 833 or 857 & your phone will say the call is from "MA COVID Team". Help stop the spread of the virus. The power is in your hands. **ANSWER THE CALL!**

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

PROGRAMMING TO BE AIRED ON THE WSC STAY CONNECTED CHANNEL 192, GOVT, CHANNEL, (WORCESTER RESIDENTS ONLY)
OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE AND YOUTUBE.

WSC DISTINGUISHED SPEAKER SERIES IN COLLABORATION WITH THE WORCESTER JCC
Celebrate the 100th Anniversary of the 19th Amendment and Women's Constitutional Right to Vote

Dr. Judith Rosenbaum, CEO of the Jewish Women's Archive "in conversation" with Lisa Connolly Cook, PhD., Co-founder of the Worcester Women's History Project, Professor of History/Political Science, Quinsigamond Community College, with expertise in United States Women's History and Worcester's history

Tune in as Dr. Judith Rosenbaum and Professor Lisa Connolly Cook, Ph.D. discuss the historical significance of the fight for suffrage, focusing on Worcester's 19th century women's rights movement, Jewish activism, and the enduring struggle for a political voice.

Moderated by Sarina Lapin, Worcester Public Schools Advanced Placement Government Teacher, North High School.



WORCESTER SENIOR CENTER'S SUMMER CONCERT SERIES BROUGHT TO YOU BY:

WOMAN IN THE ROUND TABLE CONCERT

Music was a pivotal component of the Suffrage movement in "getting the word out" about the cause, as well as boosting morale for the women on the front lines. Meet the Women in the Round Table: 4 contemporary voices Carol Bartlett, Jodee Frawlee, Gracie Day and Cara Brindisi who showcase their work in the spirit of the commemoration of the 19th Amendment and the Centennial of Suffrage.



THE WORCESTER SENIOR CENTER OCTOBER DISTINGUISHED SPEAKER SERIES

Worcester Institute for Senior Education, also known as WISE, and sponsored by Assumption University understands how important it is to support the Worcester senior community during this difficult time.



Dr. Ben Railton, a professor of English Studies and American Studies at Fitchburg State University, will analyze American history through the cultural texts found in our country's songs.



The analysis of cultural texts like songs offer a unique and vital window into understanding our country's history. He is the author of five books, most recently: *We the People, The 500-Year Battle over Who is an American*. He writes a daily American Studies blog and the biweekly "Considering History" column for the Saturday Evening Post online. This November, Dr. Railton will be releasing his latest book: *Of Thee I Sing: The Contested History of American Plagiarism*.

Worcester Institute for Senior Education, also known as WISE. Was established in 1993, and sponsored by Assumption University. WISE is a premier lifelong learning program for older adults offering a community that fosters intellectual stimulation, socialization and personal growth. Our educational programming, clubs and discussion groups foster engagement and meaning in retirement. WISE has met the challenges faced with the pandemic and moved our educational program online. When the pandemic lifts, WISE will resume class and clubs in-person as well as other activities including events and trips. To learn more about WISE visit us at www.assumptionwise.org.

IN HONOR OF WORLD SMILE DAY

Laugh for the Health of it: Creating Healthy Habits through Laughter. Trevor Smith B.A. M.A. M.Ed, CLL, Chief Happiness Officer of Blue Sky Consulting; a Therapeutic Recreation Specialist and mental health practitioner will use action oriented laughter exercises to teach the viewing audience how to use laughter as a health and wellness activity. Laughter exercises consists of various action oriented physical/movement exercises, which will include stretching, chanting, clapping and body movement. Sponsored by:



Dementia Friends Zoom Session with students!!

PROGRAMMING TO BE AIRED ON THE WSC STAY CONNECTED CHANNEL 192, GOVT, CHANNEL, (WORCESTER RESIDENTS ONLY)
OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE AND YOUTUBE.

THE WORCESTER ART MUSEUM'S MASTER SERIES CONTINUES AND HIGHLIGHTS SELECTED WORKS OF ART IN GALLERIES THROUGHOUT THE MUSEUM.

VALERIE MERCER: PICKET FENCES TO PICKET LINE - VISIONS OF AMERICAN CITIZENSHIP

Since 2014 the Worcester Art Museum has served as an official polling station for the local community. In 2016, the museum participated in one of the most electrifying political years in recent memory. Picket Fence to Picket Line will foster meaningful dialogue surrounding this year's presidential election and connect to our active population of voters. It will inspire visitors to confront one of the most highly charged questions in contemporary political discourse: What is citizenship? As part of the exhibit, the November Masters Series lecture will feature Valerie J. Mercer, curator of the General Motors Center for African American Art at the Institute of Arts, who will discuss Jacob Lawrence's 'The 1920's...Migrants Arrive and Cast Their Ballots'.

SHIRISH KORDE TALKS YOSHITOSHI AND JAPANESE FLUTES

Composer Shirish Korde speaks about the different types of historical Japanese flutes and flutist Alice Jones performs. This performance draws special attention to Tsukioka Yoshitoshi's masterpiece, the scroll painting: "Fujiwara no Tasumasa Playing the Flute by Moonlight" (1882), one of the great works of Japanese art in the Worcester Art Museum, and indeed any American collection.

WORCESTER
ART MUSEUM
worcesterart.org



STAY CONNECTED WITH YOUR HEALTH

Hosted by Michael Hirsh, MD, Medical Director for Worcester's Division of Public Health.

Get COVID-19 updates from Dr. Hirsh as well as other timely health related topics. At the end of each program, enjoy Dr. Hirsh's colorful storytelling to brighten your day!



WSC & WORCESTER JCC PRESENT: INTRODUCTION TO CANASTA - 3 WEEK ZOOM COURSE

Dates: Wed. 10/7, Wed. 10/14 & Wed. 10/21

Time: 11-12noon

Taught by Donna Miller-Small, highly respected New York teacher. Learn to play the modern game of Canasta, a member of the rummy card family. This class is for beginners or those who have played but want to sharpen their game.

In three sessions with simple, step-by-step instructions, learn the basics of Canasta and strategies to win! Please bring a deck of cards with you to the first session and be near a table or desk if possible so you can participate in practice exercises.

After registering by emailing lapins@worcesterma.gov you will receive Zoom links and hand-outs to print and bring to the classes.



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 - ◆ A Game Room that includes a billiard table
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Office Hours: Monday - Friday 8:30a.m. - 5p.m.

THE 2020 FLU SEASON IS HERE

Did you know that over 25,000 influenza-associated deaths occurred in the United States in adults 65 and older during the 2018-2019 flu season?

The flu (influenza) is a contagious illness that affects the respiratory system, and adults 65 years and older are vulnerable to getting sick with the flu especially if they have chronic conditions that weaken their ability to fight disease such as Heart Disease, Diabetes, or Asthma. Having more than one disease that weakens your immune system can lead to complications that require hospitalization. Flu symptoms to watch out for include fever, chills, sore throat, runny nose, body aches and pains, headaches, tiredness, vomiting, and diarrhea but not everyone experiences all these symptoms when sick. To prevent the flu get your annual flu shot but talk to your provider about which type of vaccine is right for you. Other ways to protect yourself and your family from the flu is to cover your mouth when you cough or sneeze; clean your hands with soap and water for at least 15 seconds or use hand sanitizer, get plenty of rest and fluids if sick, and avoid contact with sick people. It can take up to 2 weeks to recover from flu.

**SO GET YOUR FLU SHOT THIS SEASON
ITS' MORE IMPORTANT THAN EVER!**

**SHINE: Serving the Health Information Needs of Everyone...**

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

IMPORTANT MAIL ABOUT YOUR DRUG AND HEALTH PLANS!

It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), your Plan will mail you an information packet called an ANNUAL NOTICE OF CHANGE by the end of September. It is important to **understand** and **save** this information because it explains the changes in your plan for **2021**.

Your plan premiums, deductibles, copays, providers and covered drugs may change significantly! This is important information and if you do not understand it, you should discuss it with your family or caregivers. During the current COVID crisis, we will not be doing on site presentations at senior centers. We will make presentations available on our website, www.shinema.org, and also through your local cable channel.

During the annual Medicare Open Enrollment Period (**October 15th - December 7th**), you will have a chance to CHANGE your plan for next year. SHINE's certified Medicare counselors can help you understand your plan changes, as well as other options you may have.

Trained SHINE (Serving Health Information Needs of Everyone) counselors can help you! We offer, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your local senior center and ask for a SHINE appointment. Remember you can contact us at the regional office: 508-422-9931. Once you get the SHINE answering machine, leave your name and number. A SHINE counselor will call you back.

We are available via multiple platforms such as FaceTime, Zoom and Skype to do one-on-one appointments if needed. Watch our website for Medicare 101 presentations on Zoom. Our newly upgraded website: www.shinema.org has information on Medicare, MassHealth, links that can be a valuable resource.

WSC STAY CONNECTED

WORCESTER SENIOR CENTER VIRTUAL HEALTH & WELLNESS PROGRAMMING TO BE AIRED ON WSC STAY CONNECTED CHANNEL 192, GOVT. CHANNEL, (WORCESTER RESIDENTS ONLY) OTHERS CAN VIEW THESE PROGRAMS ON THE WSC FACEBOOK PAGE WSC WEBSITE and YOUTUBE

NEW Mixed Level Yoga for ALL! A guided sequence with Chair options throughout

NEW AEROBICS & YOGA with NANCY CIMATO

NEW OSTEOPOROSIS FITNESS with RHONDA Session I

NEW FITNESS KICK START with RHONDA Session I

NEW MINDFUL MEDITATION ROBERT HARRINGTON CCH presents "Keeping Us Mindfully Together" MASTER DANSERAU TAI CHI

NEW JOE FISH FITNESS SENIOR CHALLENGE

**THE MEMORY CAFE HAS GONE VIRTUAL.**

Call Deb Dowd Foley Caregiver Specialist at ESWA 508-756-1545 for more information on our October Zoom Memory Café!

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THANK YOU NOTES TO THE SEAC VOLUNTEERS FROM THE CHINESE ELDER GROUP WORCESTER, MA AUGUST 2020..... translated for your reading pleasure.

THE VOICE OF A CHINESE OLD MAN TO THE VOLUNTEERS FROM SEAC:

"We are senior citizens from China.

Originally, we enjoyed a good life here.

However, suddenly a pandemic happened.

In an instant this put us in an unprecedented dilemma.

The opportunity to meet relatives was limited.

We can't go out shopping.

We were really anxious!

At this juncture, you came to us - international friends who never met.

You don't care about the risk of infection.

You have practiced the idea of Chinese Idiom - "Send charcoal in the snow".

Help others - Deliver vegetables and shop for us.

Urgently needed - Worry about our health and safety.

Let us eliminate the troubles staying at home.

Since then there was a smile on our face again.

You are not relatives but more than relatives.

The viruses can be overcome. The pandemic eventually will disappear.

Looking forward to the near future, the sky will be clear and the rainbow will glow after the rain.

Let us meet frequently in the parks, the supermarkets and the streets in Worcester.

These words cannot express our sincere thanks, but it is the voice of a Chinese old man."

by YuanYing & JiCai (wife & husband)

(Translated by MengXian) 7/15/2020

"Volunteers, thank you for caring and helping many elderly people who were in danger because of the Coronavirus. You carefully and patiently bought food and brought it to our homes. Thank you again for your hard work." - *Ms. LiMei*

"You are our angels, you helped us when we needed it. Thank you very much! To your health and happiness."

- *ZhiFen & YuanChang (wife & husband)*

"The act of giving reflects kindly back on the giver. We appreciate the volunteers' diligent work and unselfish dedication. I hope that you are always happy and healthy!"

- *84-yr old YuHua & WeiNan (wife & husband)*

"In this severe pandemic you did not fear risk to yourselves and helped other people. You brought food for our elders. Selfless dedication is like being part of a family. Such love is as warm as sunshine in winter, and a good heart like the beauty of spring. How can an elder thank you? By saying that kind actions speak louder than words." - *Ms. YaQin*

"To the SEAC volunteers, thank you for being so kind. The groceries you delivered so caringly brought much joy. Thank you again for all your hard work!"

With love, *Ms. Lucy - A 90-yr old senior*

"You risk the pandemic, regardless of your health, for our elderly. Thank you very much!" - *LiMing & YongZun (wife & husband)*

"Natural disasters are ruthless, but there is love in the world. During the serious COVID-19 virus, the volunteers of SEAC risked infection and brought fresh fruits and vegetables for our elders. We express our heartfelt thanks. We wish you and your family health and happiness."

- *JingJun & WanFang (wife & husband)*

"To the volunteers from SEAC, thank you, for bringing fresh fruit and vegetables to the homes of senior citizens, to keep us healthy, strong, and to protect us from the virus. We thank you, from the bottom of our hearts." - *GaoRu & MengXian (wife & husband)*

"Thank you for your dedication and caring during the pandemic. Your dedication gives us hope." - *Ms. JianHong*

"To SEAC volunteers: You sent us warmth and love. Not a relative, but more than a relative! We pay tribute to you all!"

- *QinQing & XianZhi (wife & husband)*

"My husband and I are in our 80's and 90's. In this severe pandemic, you brought us a variety of fresh vegetables, and it made our life better. I would like to express my heartfelt thanks for your noble dedication."

- *YuFen & KeDa (wife & husband)*

WALKING CLUB 2020

Hello Walking Club Participants!

October is here and while our 2020 walking club didn't go as planned this year, I know you have all been walking at your homes and staying active! October is our last official month of walking club but we should all try to keep walking outdoors as long as it is safe. If you are walking outside in cooler weather, follow the "dressing for cold weather" guidelines listed here to stay protected in the elements. As always, remember to be safe and follow all the COVID-19 guidelines. And until Spring 2021...

KEEP WALKING

Jen 



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

LATINO CLUB 60+**Mon, & Fri. 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)

與曹履成先生聯係(中文: 電話:

508-799-1232 ext. 48014.

電子郵件: shiw@Worcesterma.gov

或與Yung Phan 聯係(英文):

電話: 508-799-1232 ext. 48006.

電子郵件: PhanD@Worcester.gov

VIETNAMESE ELDER PROGRAM

Nhóm Cao niên Việt Nam họp qua điện thoại mỗi tuần vào thứ Năm, từ 10g30 đến 11g30. Xin vui lòng liên lạc cô Yung Phan để biết thông tin về cách tham gia buổi họp qua điện thoại.

(Vietnamese Elder Group conference call every Thursday from 10:30-11:30AM. Contact Yung Phan to get conference information to join.)

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

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

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

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

WORCESTER PUBLIC LIBRARY

FOR THOSE INTERESTED CHECK OUT THE SENIOR CENTER'S BOOK DISCUSSION'S SELECTION FOR OCT: *Time and Again* by Jack Finney

VIRTUAL NUTRITION CLASS WITH JUDY PALKEN, REGISTERED DIETITIAN
FANTASTIC FIBER Saturday, September 12 @ 2:30 - 3:30pm

We've heard that fiber is good for us. But what is it exactly, and why is it so good for our health? Join us and find out, and discover creative and even delicious ways to increase the fiber in your diet.

VIRTUAL COOKING CLASS WITH COLIN MCCULLOUGH

Saturday, September 26 @ 2:30 - 3:30pm

VEGGIE BURGERS & VEGGIE SAUSAGES. Join us as we learn how to make veggie burgers and veggie sausages! In this class we'll skip the processed stuff and make the healthier alternatives at home on our own! Register at www.mywpl.org/?q=article/adult-classes-and-programs

This project has been funded in whole or in part with federal funds from the National Library of Medicine, National Institutes of Health, under Cooperative Agreement UG4LM012347-01 with the University of Massachusetts, Worcester.

WORCESTER PUBLIC LIBRARY AVAILABLE SERVICES:

The Main Library is now open for computer, printing, copying, and faxing services by appointment. Go to <https://www.mywpl.org/?q=article/reserve-your-appointment-main-library> for more info. GBV Branch has limited computer appts. Call 508-799-1729 for more info.

Curbside Pickup at Main Library, Frances Perkins, and Great Brook Valley. For help placing holds, call the Main Library at 508-799-1655 ext 3. More info. go to: mywpl.org/?q=article/curbside-pickup

Downloadable and Streaming services: E-books & audiobooks are available through Overdrive, Hoopla, & the Libby app. Streaming movies are available through Kanopy at <https://www.mywpl.org/?q=digital-downloads-0>

Book Bundle Service at the Main Library: A WPL librarian will hand-select 5 books based on your preferences to be emailed as a list or bundled for pick up! Fill out our form at <https://tinyurl.com/WPLbookbundles>

Full listing of the WPL virtual services available:

<https://www.mywpl.org/?q=article/virtual-programs-and-services-adults>

Virtual Book Clubs at WPL <https://www.mywpl.org/?q=article/virtual-book-clubs>

Virtual Author Events and Writing Workshops at WPL <https://www.mywpl.org/?q=article/adult-classes-and-programs#author>

IMPORTANT MESSAGE TO WORCESTER VOTERS REGARDING THE 2020 ELECTIONS

Massachusetts passed a law making it easier and safer to vote during the COVID-19 pandemic. For the September 1, 2020 State Primary and November 3, 2020 Presidential Elections, voters may choose one of these options:

- **Early Vote By Mail**
- **Early Vote In-Person**
- **Vote In-Person on Election Day at Your Assigned Polling Location**



Call 508-799-1134 with any questions. We will not let the pandemic stop us from voting during this election season. To make very sure of this, we created a video in which the City Clerk answers questions about the process and new options.

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. Last year over 4,700 returns were prepared at 41 sites around Worcester County. Nationally almost 3million taxpayers avail themselves of Tax-Aide services.

Volunteers work 4-6 hours per week for the eleven weeks during tax preparation season - Feb 1st to Apr. 15 th. 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>>. Select volunteer. Then select Tax Aide from the drop down.



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

EST. 1943
UNO
PIZZERIA & GRILL

COMMITTED to the Craft of PIZZA

Enjoy **\$10 off**
your food purchase of \$30 or more

25 Major Taylor Blvd.
Worcester, MA 01608
508-421-9300
Code: 2605

Not applicable towards alcohol, gift cards, Takeout Deals, Two for U Lunch, 1/2 price appetizers, or any other special offer or discount. One coupon per party. Valid at participating locations, not valid at UNO fresco or Uno, Due, Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.

TEXAS
ROADHOUSE

\$5 OFF
any purchase of \$25 or more

508-853-7266
www.texasroadhouse.com
535 Lincoln Street, Unit F
Worcester, MA 01605

Hours: Mon.-Thurs. 3:30PM-9PM, Fri. 3:30PM-11PM,
Sat. 11:30AM-11PM, Sun. 11:30AM-9PM

TERMS & CONDITIONS:
Not valid with any other offer, discounts or purchase of gift cards or alcohol. Tax and gratuity not included. One offer per party, per visit. Reproductions of coupon are not valid. No cash value. Expires 10/31/20.

ENIGMATM CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "L" = "C"*

"PH YSUVSQV OVBKXY XSD SQLV,
PB'Y GPY HKDAB. PH GV OVBKXY
XSD BNPLV, PB'Y XSDJ HKDAB."

— JSUKQPKQ MJSRVJO

PREVIOUS SOLUTION: "Endeavor to so live that when you die even the undertaker will be sorry." — Mark Twain

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E004




The WILLOWS
PREMIER RETIREMENT COMMUNITIES
FOR ACTIVE ADULTS

SALMON
HEALTH and RETIREMENT

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>* Diabetic Friendly ** Higher Sodium Entree</p>	<p>MENUS SUBJECT TO CHANGE. Meals on Wheels Menu. <i>Your \$2.50 Donation is Appreciated!</i></p> <p>Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.</p>		<p>BBQ Chicken 1 Mashed Potatoes Country Blend Vegetables Mixed Fruit Corn Muffin Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Macaroni & Cheese 2 Stewed Tomatoes Green Beans Baked Apples Italian Bread Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>
<p>Lasagna & Meatballs 5 Green Beans Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Chicken Fajitas 6 Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Roast Pork w/ Gravy 7 Cranberry Stuffing Roasted California Vegetables Applesauce White Peasant Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>	<p>Beef w/ Onions & Peppers 8 Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Potato Crunch Fish 9 Garlic Mashed Potatoes Peas & Pearl Onions Oreos Pumpnickel Bread Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>
<p>Columbus Day 12 No Meal Served</p>	<p>Hot Dog 13 Baked Beans Green Beans Fresh Orange Hot Dog Bun Mustard Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/BACON</p>	<p>Baked Potato w/ Chili & Cheese 14 Broccoli Sour Cream Peaches Pumpnickel Bread Alternate: SOUP DU JOUR SLICED TURKEY</p>	<p>Broc. & Cheese Stuffed Chicken 15 Lemon Seasoned Potatoes Mixed Vegetables Yogurt Whole Wheat Bread Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Shepard's Pie 16 Carrots Peas Fruited Ambrosia Italian Bread Alternate: SOUP DU JOUR CORNEB BEEF</p>
<p>Chicken Mornay 19 Couscous Roman Blend Vegetables Apple Grahams Marble Rye Bread Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Meatloaf w/ Gravy 20 Garlic Mashed Potatoes Tuscany Vegetables Mixed Fruit Whole Wheat Bread Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Roast Turkey & Gravy 21 Mashed Sweet Potatoes Green Peas Cranberry Sauce Cinnamon Pears French Bread Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	<p>Macaroni & Cheese 22 Stewed Tomatoes Green Beans Cheesecake Mousse Italian Bread Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Haddock w/ Parmesan Cream Sauce 23 Lemon Seasoned Rice Spinach Fresh Fruit Pumpnickel Bread Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>
<p>Pork Rib-i-que 26 Mac 'n Cheese Jardiniere Vegetables Pineapple Sandwich Roll Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Swedish Meatballs 27 Mashed Potatoes Country Blend Vegetables Tapioca Pudding / SF Tapioca Pudding Marble Rye Bread Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Sloppy Joe 28 Potato Wedges Mixed Vegetables Strawberries Sandwich Roll Alternate: SOUP DU JOUR CORNEB BEEF</p>	<p>Chicken Cacciatore 29 Gemelli Pasta Roasted Broccoli Fresh Fruit French Bread Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Fish w/ Crumb Topping 30 Sour Cream & Chive Potatoes Capri Blend Vegetables Pumpkin Mousse Whole Wheat Bread Alternate: SOUP DU JOUR SLICED TURKEY</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
- 5 Star Medicare overall rating
- On-site management by owners directly involved in daily operations
- Resident Service Liaison providing concierge services and customer service check-ins



26 Harvard Street
Worcester, MA 01609
508-754-8877
www.lutheranrehab.com

CALL US TODAY TO SCHEDULE A TOUR.

LOCAL RESOURCES

CITY OF WORCESTER COVID-19 information line: 508-799-1019
worcesterma.gov

SIGN UP FOR TEXT MESSAGE ALERTS:

Send COVIDMA to 888-777 • Send COVIDMAESP at 888-777

WORCESTER SENIOR CENTER

508-799-1232 • Advocacy and Outreach, Information and Referral including housing and public benefit assistance

ELDER SERVICES OF WORCESTER AREA, INC.: 508-756-1545

irinfo@eswa.org

Information & Referral Unit is available to field calls/emails regarding community resources.

ST. PAUL'S ELDER OUTREACH: 508-799-5009

Advocacy and Outreach

WORCESTER COMMUNITY ACTION COUNCIL: 508-754-1176

Fuel assistance

Appliance Management Program (AMP)

Heating Emergency Assistance Retrofit Task (HEARTWAP)

Weatherization Assistance Program (WAP)

DEPARTMENT OF TRANSITIONAL ASSISTANCE:

(Worcester Office) 508-767-3100

General information

Economic Assistance

SNAP

Employment Services

COMMUNITY LEGAL AID: 1-800-649-3718

Tenants' Rights during the Covid-19 Crisis

Covid-19 & Unemployment Insurance

Covid-19: Using the Family Courts

Rights in Small Claims Court during the Covid-19 Crisis

Consumer Alert: Avoiding Scams during the Covid-19 Crisis

Child Care Programs during the Covid-19 Crisis

Education Rights during Covid-19 in Massachusetts

MCPHS PHARMACY OUTREACH PROGRAM

Available to answer Your Medication Questions

Toll free 1-866-633-1617

STATE RESOURCES

GOVERNOR'S OFFICE: 1-617-725-4005

DISASTER DISTRESS HELPLINE: 1-800-985-5990

Available 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster, including disease outbreaks like COVID-19. This a toll-free, multilingual, and confidential crisis support service.

SUICIDE PREVENTION HOTLINE: 1-800-273-8255

SUBSTANCE ABUSE/MENTAL HEALTH HELPLINE: 1-800-662-4357

CRISIS TEXT LINE: Text HELLO to 741741

MASSACHUSETTS 2-1-1: real-time COVID-19 information, resources, and referrals in multiple languages.

ASL HOTLINE FROM CSD (Communication Service for the Deaf) **833-682-7630** (video phone) has been established where residents can ask questions about COVID-19 and get support. www.csd.org is also available for information.

FOR NON-EMERGENCY QUESTIONS & HELP: Call 2-1-1

NURSING HOME FAMILY RESOURCE LINE:

617-660-5399 The line is available seven days a week 9 am - 5 pm.

DOMESTIC VIOLENCE & SEXUAL ASSAULT HOTLINES:

IN MASSACHUSETTS CALL SAFELINK:

877-785-2020 OR TTY AT 877-521-2601

NATIONAL DOMESTIC VIOLENCE HOTLINE 24/7 CRISIS HOTLINE:

800-799-7233

NATIONAL SEXUAL ASSAULT HOTLINE 24/7 CRISIS HOTLINE:

800-656-4673

YWCA DOMESTIC HOTLINE: 508-755-9030

SAFELINK DOMESTIC/DATING VIOLENCE: 1-877-785-2020



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



No Worries Pricing - The Christopher Heights Difference!

Our doors are always open!

Call Marla O'Connor at 508-792-1456

Hear For Your Life

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

- Hearing Aids
- Batteries & Accessories
- Assistive Listening Devices
- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musician's Earplugs
- Swim Plugs



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

GROCERY STORE HOURS: SENIORS/DISABLED/AT-RISK

ALDI: 8am-9am on Tuesdays & Thursdays

BIG Y: 7am-8am every day

MARKET 32: 6am-7am every day

MARKET BASKET: 6am-7am every day

PRICE CHOPPER: 6am-7am every day

PRICE RITE: 7am-8am every day

SHAW'S: 6-7am every day, 6-9am – Tues. & Thur.

STOP & SHOP: 6am-7:30am every day

TARGET: 8am-9am every day

TRADER JOE'S: 8-9am - Friday, 9-10am - Sat & Sun.

WALMART: 6am-7am every day

WHOLE FOODS: 8am-9am every day

* **Shaws.com & stopandshop.com** offer curbside pickup.

FOOD PANTRY INFORMATION

FRIENDLY HOUSE: 508-755-4362 | 36 Wall Street
Mon., Wed. 12 pm-4:30 pm; Fri. 9:30am-3:30pm

JEREMIAH'S INN: 508-755-6403 | 1059 Main Street
Food Pantry open Mon. 12pm-3:30pm, Tues.,Thurs., Fri. 9 am-2 pm
Must be from 01602, 01603, & 01610 – need picture ID.

SALVATION ARMY: 508-756-7191 | 640 Main St. Worcester
Unable to leave message-all lines full. Food Pantry Open M-F, hours vary.

ST. FRANCIS XAVIER CENTER: 508-756-7165
20 Temple Street, Worcester 01604
Breakfast and Lunch Mon-Fri 7 -11 am, Sat 8-10 am

CENTRO: 508-798-1900 | 11 Sycamore Street
Monday only 9-1 pm Need picture ID/proof of address.

QUINSIGAMOND VILLAGE CENTER: 508-755-7481
16 Greenwood Street
Mon., Thurs., 9:30am-12 pm; Fri. 9:30am-11am. Bring own bag.

MASSACHUSETTS VETERANS SHELTER: 800-482-2565
69 Grove Street
Usually the 3rd Thursday of each month, 10am-2pm.
For eligible veterans and their families only.

CENTRO - GREAT BROOK VALLEY PANTRY: 774-823-3722
176 Tacoma Street, Worcester 01605
Tuesdays only 8:30am-1 pm. Picture ID/proof of address.

FRIENDLY HOUSE PANTRY PLUMLEY VILLAGE: 508-755-3989
16 Laurel St, Worcester 01608. Tuesday 9am-4pm; Friday 12pm-4pm

THE MUSTARD SEED: 508-754-7098
93 Piedmont Street, Worcester 01609
Food Pantry – 3:30pm – limited amount of people.

PERNET FAMILY HEALTH SERVICE: 508-755-1228
237 Millbury Street Worcester, MA 01610. Emergency Food.
Mon. 1pm-3pm; Tue. & Wed. 11am-3pm for people who live in 01610.

Technology access is essential for our physical and emotional health, often acting as the gateway to our lives. With the MA Executive Office of Elder Affairs, a team of faculty and students at Babson College is examining how we might improve connectivity and engagement for older adults with equitable access to technology-based services. Babson team wants to talk with you to understand “How do you think and feel about technology? How do you use technology? What do you perceive to be barriers and opportunities?” Your insights would improve our understanding of appropriate technology for older adults. You would help shape product, policies and services for connectivity and engagement. If you want to get involved in this project, we would appreciate your time. There are a multiple ways to leave us your name, number and your availability time. You may email lead faculty for the project, Prof. Sinan Erzurumlu, at serzurumlu@babson.edu. Or you may leave a message at 512-653-6064.



FUN IS ONLY A CLICK OR CALL AWAY!

 **HIGHWAY 61** – offers programs such as trivia, Bingo, educational events, and conversations.
Visit: highway61.com for more information

 **Well Connected** – offers over 80 programs such as trivia, Bingo, educational events, conversations, health, and wellness programs, and many more.
Email: coviconnections@covia.org or call 877-797-7299
Programs available in English and Spanish



Worcester County Sheriff's Office, Community Outreach Division donates harvest baskets to WSC & St. Paul's Elder Outreach for seniors in need.

Carlos Odria Band



SHARE THE NUMBER!

Primary Sponsor

RSVP's Senior Fraud HelpLine
Toll Free: 800-297-9760



Scammers are using the Covid-19 pandemic to target Seniors, as they offer fake testing, schedule non-existing vaccines, and recommend dangerous procedures to remain healthy. When they call, if you engage them and listen to their lies you'll soon be placed on another list. Calls will be coming in for FREE medical equipment (bogus), refunds from National Grid and fake charity requests.

Please, call the HelpLine to reach a trained compassionate volunteer who is there to listen and provide "how to proceed" guidance. We are unable to offer legal advice but will refer you to those who might be able to help.

RECOGNIZE. RESIST. REPORT.

Friends of the HelpLine include the Diocese of Worcester, DCU Federal Credit Union and Family Services of Central MA- an affiliate of Seven Hills Foundation.

Share the Number! 800-297-9760 Toll Free

RSVP is sponsored locally by Family Services of Central MA



50+ JOB SEEKERS REGIONAL NETWORKING GROUP!



50+ Job Seekers Program is going statewide! Now that the program has been completely moved to a virtual platform, any Massachusetts resident 50+ years old can register to participate. Each session is guided by a professional employment coach.



Please Visit: www.50plusjobseekers.org

**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



Are you interested in a weekly phone call from a friendly peer?

If you are feeling lonely, and would like a weekly friendly telephone call from one of your peers, the Senior Companion Volunteers can share some cheer with you!! The volunteers would love to talk with you and keep you company with weekly friendly phone calls. All we need to begin is a first name and your telephone number! If you are interested please call or email Joy Rehfeld at 413-388-8817 or jrehfeld@fscm.org Thank you! We look forward to sharing some cheer with you soon!!

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.

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

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

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

WHY JOIN FRIENDS OF WORCESTER'S SENIOR CENTER?

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

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



FRIENDS TRAVEL



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

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 Thursday 9:30am-12:30pm**

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.

NOTE: Travel office is closed until further notice. Please call 508-792-2948, and we will get back to you as soon as possible.

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

SWEATSHIRTS IN STOCK		SMALL THRU XLARGE \$25.00		2XL - 4XL \$27.00	
COLOR	MEDIUM	LARGE	XLARGE		
WHITE	1	3	2		
GREY		1	1		
ROYAL BLUE	2	3	1		
BLACK	1	1	1		

TEE SHIRTS IN STOCK		SMALL THRU XLARGE \$15.00		2XL - 4XL \$17.00	
COLOR	MEDIUM	LARGE	XLARGE	4XLARGE	
BLUE	1	2	1		
YELLOW	1	1	2	1	

FRIENDS TRAVEL 2020 UPDATES

Foxwoods Casino Price - \$22.00/pp
Non-Refundable - payable at time of reservation.

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

**BINGO EVERY THURSDAY
1-3:30 pm - CANCELLED UNTIL
FURTHER NOTICE**

***DUE TO THE CORONAVIRUS ALL
CANCELLED TRIPS will be reimbursed
when the Friends Office is open.
Please note: All Trips, Casino - Day -
Overnite, have been cancelled for the
remainder of the year.***



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

THE SENIOR SCOOP

taking you in new directions



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

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

B
R
A
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E
S

Sudoku

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

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

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DIFFICULTY: ★★☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Et cetera (abbr.)
- 4 P.I. food
- 8 Harp (Ital.)
- 12 Cheer
- 13 Synagogue
- 14 Base
- 15 Jamaican dance music
- 16 4th incarnation of Vishnu
- 18 Trillion (pref.)
- 20 Money
- 21 Military macaw
- 23 Monsieurs (abbr.)
- 27 Feint (2 words)
- 32 Sesame
- 33 Grain
- 34 Polishing material
- 36 Soft drink
- 37 Pronoun contraction
- 39 Scepter (2 words)
- 41 Coarse cotton
- 43 Eur. Economic Community (abbr.)
- 44 Small anvil
- 48 Your (Ger.)
- 51 Veneration
- 55 Federal Aviation Admin. (abbr.)
- 56 Fair Employment Practices Act (abbr.)
- 57 Night (pref.)
- 58 Cetacean
- 59 Sound of a horn
- 60 Egypt. cross
- 61 Indian ground salt

DOWN

- 1 Former
- 2 Subtract
- 3 Nature
- 4 Social Security Number (abbr.)
- 5 Melville's captain
- 6 Plant seed coat
- 7 Wings
- 8 Among
- 9 Sleep state (abbr.)
- 10 Exclamation
- 11 Anecdotes
- 17 "Casablanca" character
- 19 Boat
- 22 Abridged (abbr.)
- 24 Hunt (2 words)
- 25 Change the decor
- 26 Rosebud, e.g.
- 27 Parasitic plant
- 28 Haw. island
- 29 Malay gibbon
- 30 Selling price equivocation
- 31 Mode
- 35 To (Soot.)
- 38 Subordinate official
- 40 Garland
- 42 Social affair
- 45 Sicilian volcano
- 46 Condition (surf.)
- 47 Afr. hornbill
- 49 Uncommon
- 50 Apiece
- 51 Air Force Base (abbr.)
- 52 River into the North Sea
- 53 Unclose
- 54 Ultimate degree

ANSWER TO PREVIOUS PUZZLE

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

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		
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