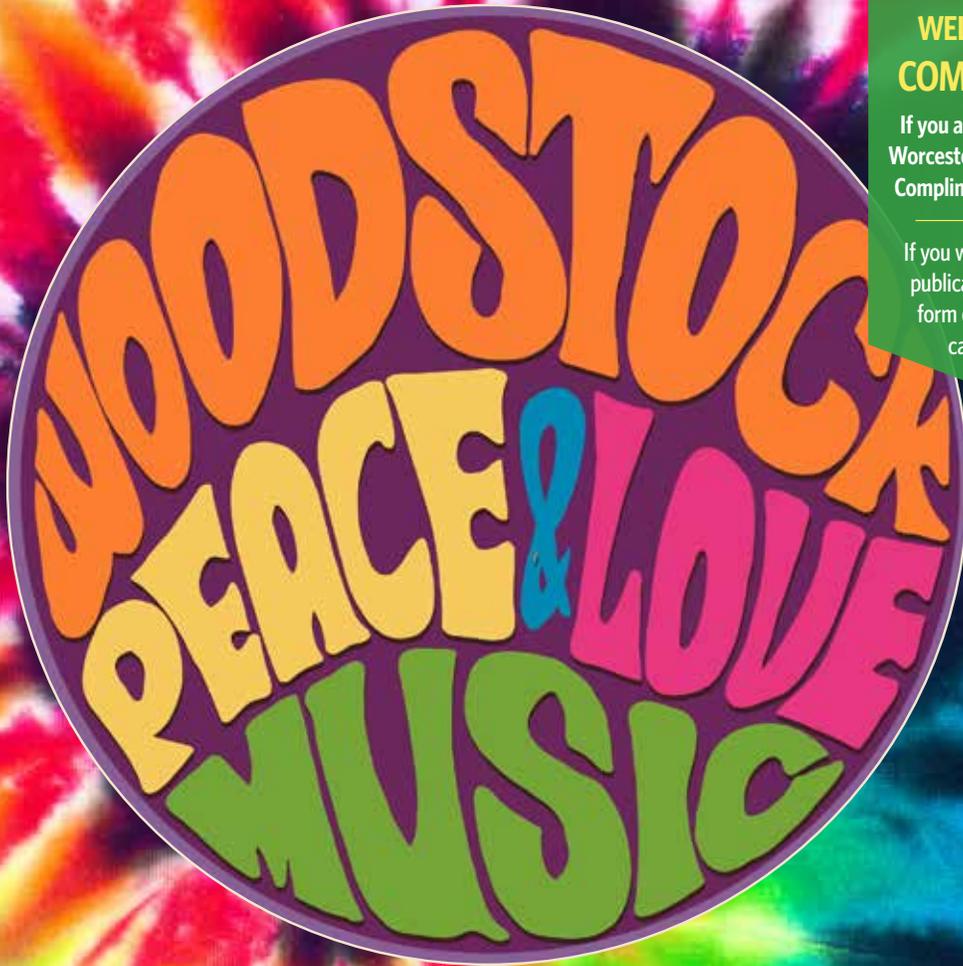


THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 9, NO. 8, AUGUST 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.

- Alzheimer's & Dementia Care
- 24/7 RN & Medical Director
- Safe, comfortable & secure
- Individual wellness plans with medication management
- Basic residency rates never go up!
- New, state of the art facility



OasisAtDodgePark.com • 508-853-8180

SEE PG 5 FOR FEATURED PROGRAMS

FREE TIE DYE T-SHIRTS WITH VIBRA HOSPITAL
Thursday, August 1 • 9:30-11:30 am

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

DISTINGUISHED SPEAKER SERIES CONTINUES.....
**HERB CREHAN "CONTRIBUTING WRITER FOR
RED SOX MAGAZINE"**
August 7 • 10:30-11:30 am

&
SUMMER CONCERT SERIES CONTINUES WITH.....
SHIRLEY MCAFFEE, THE SINGING NURSE
12:30-1:30 pm

**AUGUST MONTHLY ARTIST EXHIBIT
ARTIST RECEPTION**
WITH DUNG NGUYEN & FREDDA LEVINE
Tuesday, August 13 • 11 am-12 pm

**THE 60S & 70S: VIETNAM, THE HIPPIES AND
A CHANGING AMERICA**
Wednesday, August 21 • 10-11 am
& ESWA SPONSORED LUNCH
& SUMMER CONCERT SERIES CONTINUES...
"THROWBACK TO THE 60'S" - 12:30-1:30pm

THE LEGENDARY JUDY GARLAND
PRESENTED BY BRUCE HAMBRO
Wednesday, August 28 • 12:30-1:30 pm

WALKING CLUB FIELD TRIP



WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



SUBSCRIBE!
**Mailed for just
Pennies per day**



**Worcester
Subscription
Just \$15
Yearly**



SUBSCRIBE TODAY! CALL 508-799-1200

- 4 August Programs & Events
- 4 Friday Flick Movies
- 5 Featured Programs
- 5 Featured Fun
- 6-7 Health & Wellness Programs
- 7 Computer Classes
- 7 Continuing Programs & Activities
- 8 Services
- 9 Noticias De Nuestro Programa de la Tercera Edad
- 9 Tin tức bằng tiếng Việt
- 10 Dining Around Town
- 11 Meal Menu Calendar
- 12-13 Program Calendar
- 14 RSVP & More
- 14 Friends Information
- 15 Friends Trips
- 16 Brain Games



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

STAFF:

Director	Amy Vogel Waters
Senior Center Operations Director/Editor	Patricia Hainsworth
Fiscal, Contract & Data Assistant	Janet Bresnahan
Senior Center Program Coordinator	Suki Lapin
Senior Services & Education Manager	Linda Wincek-Moore
Senior Services Program Assistant	Lindita Taka
Multi-cultural & Senior Services Coordinator	Yung Phan
Administrative Assistant	Jenny Linch
Building Services Division of Asset & Energy Management	Mike Vray & Pedro Rodas

CITY OF WORCESTER DIVISION OF ELDER AFFAIRS

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







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.

DISCUSSION WITH AUTHOR

E. RAYMOND TATTEN
Tues, August 6 • 10:30-11:30 am

E. Raymond Tatten is a New England "Baby Boomer" whose personal essays have appeared in many area publications. He will share a few pieces from his first book, as well as explain the process he followed in "self-publishing his stories."



OIL PAINTING WITH DARRELL CROW

Thursday, August 8
10 am-2:30 pm

Bring home a painting in one class! \$15.00 class fee and approximate \$10.00 fee to purchase or rent supplies that include: paints, brushes and canvas. Fees due on the day of the class. Class size limited. **Class project: Monument Valley.** A1/2 hr. break provided for lunch. Register by calling 508-799-1232.



NEIGHBORHOOD CRIME WATCH MEETING & MED TAKE BACK BIN WITH WPD NEW DAY & TIME

Thurs, August 8 • 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, August 9 • 10-11:30 am

2nd Friday of the month. Relaxing & fun!

MONTHLY CRAFT CLASS WITH MAUREEN CARLOS

Monday, August 12 • 10-11:30 am

Project: Slate Sign. \$3.00. Call 508-799-1232 to register.



THE LIBRARIANS ARE COMING

Tuesday, August 13 • 12-1 pm

We are here to offer sample items from our vast collection; assist new members, put items on hold; give information on library events, materials and services; and answer reference questions.

WOOD BURNING ART CLASS

Thursday, August 1 & 15 • 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, August 14 • 1-2 & 2-3 pm

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

BOOK DISCUSSION

Thursday, August 15 • 1-2 pm

We are reading *Before We Were Yours* by **Lisa Wingate.** Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. **In September we are reading *A Woman of No Importance* by Sonia Purnell**

HARVEST COOKING WORKSHOP WITH REC

Tuesday August 20 • 10:30-11:30 am

What can you cook with vegetables from your garden? REC has some great recipes to share. What to do with left over seeds? REC has the answer to that as well. Call 508-799-1232 to register.

LIBBY LIBRARY EXPRESS WORCESTER PUBLIC LIBRARY

Tuesday, August 27 • 2-3 pm

Great book selections and DVD's, Come check it out!!

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

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.

COMING IN SEPTEMBER

- **Distinguished Speaker series continues with Cherylann Gengel, Co-Founder, Be Like Brit Foundation, Inc.**
 Wed. September 18, 10:30-11:30 am
- **Concert Pianist Archie Richards returns...**
 Sept. 18, 12:30-1:30 pm

BEGINNER PIANO CLASSES

Led by area piano teacher, Dennis Deyo. Classes taught in small groups, each student taking turns playing their music. The one-hour group session is \$5 apiece, and the one-time cost of music is \$35. Classes start on Mon. Sept. 9, 9:30-10:30 am. Call Dennis at 508-769-6413 for any questions.



DECORATIONS FOR OUR WOODSTOCK THEMED MONTH COURTESY OF:

WE'VE GOT TO HAVE FRIENDS!

What a marvelous mother's day! Thanks to the Friends of Worcester's Senior Center.

SENIOR CENTER FRIDAY FLICKS

SHOWS MOVIES EVERY FRIDAY AT 1 PM

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



FREE TIE DYE T-SHIRTS EVENT

Thursday, August 1 • 9:30-11:30 am

First 250pp. will receive a free shirt! Wear your shirt to our summer concerts, Wed. August 7th & Wed. August 21st!



Sponsored By:



THE LEGENDARY JUDY GARLAND

Presented By Bruce Hambro

Wednesday, August 28 • 12:30-1:30 pm

Enjoy an engaging review of the "Greatest female entertainer of the 20th century." An informative discussion teamed with a power-point presentation that includes photos and video clips including **Meet Me in St. Louis**, **The Wizard of Oz**, and **A Star is Born** as well as hit recordings such as **Get Happy** and **Over the Rainbow**.



Sing along with the lyrics which are projected on the screen! Please register by calling 508-799-1232.

THE 60S & 70S: VIETNAM, THE HIPPIES AND A CHANGING AMERICA PRESENTED BY EAMON MCCARTHY EARLS

Wednesday, August 21 • 10-11 am

From Kennedy to Johnson and Nixon, Vietnam to Haight-Ashbury, interstates to the Internet, rediscover the wild, pivotal years of the 60s and 70s and how they shaped our world. As rock and roll played, America's largest generation navigated many complicated changes in our society and laid the groundwork of our 21st century nation.



ESWA LUNCH SPONSORED BY:
Please call 508-799-8070 to reserve your lunch.



SUMMER CONCERT SERIES CONTINUES... Celebrating the 50th Anniversary of the Woodstock Music Festival with the "Throwback to the 60's"

who will offer a true to life memories of all those great groovy, psychedelic 60's bands. 12:30-1:30 pm



Refreshments Sponsored by:



SPEND THE DAY AT THE WORCESTER SENIOR CENTER!

DISTINGUISHED SPEAKER SERIES CONTINUES WITH HERB CREHAN "CONTRIBUTING WRITER FOR RED SOX MAGAZINE"

August 7 • 10:30-11:30 am

Join Herb as he discusses "Boston Baseball Stadiums and Red Sox Hometown Heroes." Everyone is familiar with Fenway of course, but it is fun to walk folks through the history of the seven Boston Baseball Stadiums! There have been many local boys who have grown up to play for the Red Sox. Rich Gedman is, of course, Worcester's local Red Sox hero, and there are many other eastern MA ballplayers who have played in Boston.



SUMMER CONCERT SERIES CONTINUES WITH... SHIRLEY MCAFFEE, THE SINGING NURSE

will host a record release party to promote her brand new album "Platinum G", Shirley will include memories from **Woodstock**. 12:30-1:30 pm



Refreshments sponsored by:



AUGUST MONTHLY ARTIST EXHIBIT ARTIST RECEPTION

With Dung Nguyen and Fredda Levine

Tuesday, August 13 • 11 am-12 pm

Dung Nguyen has been involved with various art mediums for many years; he currently teaches wood burning at the senior center but is also involved in glass etching.



Fredda, a senior center participant, was given a new digital camera by a dear friend and immediately started taking pictures. With the encouragement of a group called Art Focus as well as her friend she continued her talent focusing on beauty and balance.

**EASTWAY WELLNESS, LLC
TRADITIONAL CHINESE MEDICINE
DEMONSTRATION**

Monday, August 5 • 10 am-12 pm

Do you have any health symptoms, such as pain, emotional, or sleep issues? Please join us to learn self-massage on helpful meridian points and enjoy acupuncture/acupressure for free.

Professional acupuncturist and massage therapists will walk you through step by step on how to relieve pain, also checking your health with traditional Chinese medicine theory. Enjoy refreshments, raffles and gift card/health wellness basket! **You must register in advance at 508-799-1232 for 15 minutes sessions.**



**VISITING DENTAL ASSOCIATES
OF CENTRAL MA**

Friday, August 2 • 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.

**ALZHEIMER'S ASSOCIATION
"KNOW THE 10 SIGNS"**

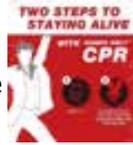
Monday, August 19 • 10-11:30 am

Alzheimer's and other dementias cause memory, thinking and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease, the importance of early detection and benefits of a diagnosis. English with Spanish translation. Call 508-799-1232 to register.

**HANDS-ONLY CPR WITH AMELIA
HOUGHTON RN, DPH**

Friday, August 23 • 9:30-10:30 am

Hand-only CPR can be just as effective as conventional CPR. It is CPR without mouth-to-mouth breaths and can be used in any situation where someone suddenly collapses. Learn Hands-Only CPR life-saving skills and how to administer them to adults and children. Watch a training video and practice on a mini CPR learning manikin. This is a non-certificate training program open to all. *Approved by the American Heart Association and presented by Amelia Houghton, RN from the Central Massachusetts Regional Public Health Alliance.*



PODIATRY CLINIC

Tuesday, August 27 • 12:30-2 pm

Appt. required. No walk-ins. Call 508-755-9573 beginning August 1st to make your appointment.

COMING IN SEPTEMBER HEALTH

- **Shaw's Osco Pharmacy Flu Clinic** Wed., Sept. 18 9:30-11:30 am & Friday, Sept. 20 9:30-11:30 am
- **Genesis Club presents "Gaining in the Face of Loss: A strengths-based approach"** Wed. September 24th
- **STEADI Fall Assessment with WSU, Nursing** Wed. September 26th

AUGUST SAFETY TIP

Preserve your vision. Sun exposure can irritate seniors' eyes and cause vision damage. Sunglasses should always be worn when exposed to the sun.

**OSTEOPOROSIS PREVENTION
EXERCISE PROGRAM**

Medical studies have shown that the crippling disease of osteoporosis can be prevented or delayed through weight bearing exercise and proper nutrition. The Worcester Senior Center is seeking participants age 60+ for a 6 week Osteoporosis Prevention Exercise Program. **Starts Tues Aug. 27th continues through Fri. Oct. 4th.** Exercise classes will be held on Tuesdays & Fridays from 12-1 pm. Nutrition classes held Tuesdays 1-2 pm. Specialized exercises are taught by an ACE Certified Personal Trainer and Nutrition classes are taught by a Registered Dietician. This program is free to participants, and is funded in part by Title III of the Older Americans Act via the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Call 508-799-1232 x 48009 for further information.

MASS HEARING SPECIALISTS FREE HEARING CLINIC

Tues. August 20 • 9:30 am-1 pm

Meet Brian & Sherry in person and HEAR what makes us better than the rest! We are dedicated and VERY knowledgeable about customized solutions to each individual's specific hearing loss. **Call 508-799-1232 to schedule an appt.**



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

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

Wednesdays- Seated Core 1:30-2:15 pm: Grab a chair and work your core without getting on the floor. We'll work on engaging the muscles that make up the core while seated or standing with the support of a chair.

Fridays- Seated Stretch/Yoga 1:30-2:15 pm: Get ready to move through series of seated yoga poses with standing options. Chair support is offered so you can perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

Sponsored by:



SILVERSNEAKERS CLASSIC CLASS- ONGOING

Tuesdays, 1-1:45 pm. Join Rhonda Hamer, Personal Trainer, Senior Fitness Specialist, Silver Sneakers Flex Instructor and WSC Osteoporosis Prevention Instructor, for this class designed to increase muscle strength, range of movement & improve activities for daily living. A chair is available for seated exercises and standing support, class can be modified depending on fitness levels. No need to register. Limited to 20 pp. \$4 per class or free for SilverSneakers members.



LEARN MORE ABOUT USING YOUR COMPUTER

OR TABLET: Are you new to using a computer, or a tablet? Are you good at doing some things on your computer, or tablet, and want to learn to do more things?? If you want 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.

**THE REGIONAL ENVIRONMENTAL COUNCIL'S
MOBILE MARKET: FRESH FRUITS, VEGETABLES & MORE...
THURSDAYS, 8:30-10 AM**



FREE SHREDDING DAY

Protect your identity. Get your personal documents shredded on-site.

**Sat., August 3 • 10 am-12 pm
Worcester Technical High School
1 Skyline Drive
Worcester, MA 01605**

Registration is encouraged:
888-926-8300 or online
<https://aarp.cvent.com/worcestershred>



**WHA & WSC Celebrate
transportation collaboration**

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 Vietnamese: Thursdays 9:30-10:30 am

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

GET FIT & HAVE FUN

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

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

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.

FREE legal consultations 2nd Friday of every month, 9:30-12:30 pm **and** **FREE Notary & Legal Consultations with Anthony J. Vigliotti, Atty. at Law** Thurs. August 15 • 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.



MEMORY CAFE

Tuesday, August 20 • 2-3:30 pm

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



LGBTQ SENIORS

Please contact Linda Wincek Moore by calling 508-799-1232 ext. 48011 or email her at moorelw@worcesterma.gov if you would be interested in helping to start a support/social group at our Senior Center.



SHINE: Serving the Health Information Needs of Everyone

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

STAYING HEALTHY WITH NO COST MEDICARE PREVENTATIVE BENEFITS

An important goal for Medicare is to help people stay healthy by encouraging prevention. Medicare provides a number of preventive services. These services are free whether you have traditional Medicare or a Medicare Advantage plan, like an HMO. Some of these services include:

- Colorectal cancer screening (including colonoscopies)
- Mammograms
- Pap tests and pelvic exams
- Prostate cancer screening
- Bone mass measurements
- Cardiovascular screening
- Flu and pneumonia shots
- Alcohol misuse screening and counseling
- Depression screening
- Obesity screening and counseling

There are very specific rules which state when and how often Medicare will pay for the above services. For a complete list of free preventive services, go to www.medicare.gov or see a SHINE counselor.

IMPORTANT INFORMATION

Always remember that if you are turning 65 you should contact Social Security to enroll in Medicare. Medicare eligibility has no connection to your eligibility for Social Security benefits. Also, coverage from the Health Connector does not exempt you from this requirement to enroll in Medicare, as you will lose your Health Connector subsidy when you turn 65. If you have any questions you should contact your SHINE regional office at 1-800-243-4636 Option #3.

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

RAINBOW LUNCH

Elder Services of Worcester Area, Inc. invites you to the **Rainbow Lunch Club*** at the Unitarian Universalist Church, 90 Holden Street, Worcester. Held on 2nd & 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.**



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 **August 8:** Spring roll Vermicelli (Bún chả giò) Crispy n' Crunchy fried rolls made from carrot, taro, soy protein and wrapped in wheat paper. Served with Vermicelli, lettuce, bean sprouts, mint, and sweet and sour soy sauce.



TRANSPORTATION

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

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.

"TIME TO CARE"

RESPITE DAY PROGRAM

Tuesdays, 9:30 am-1:30 pm

A program for individuals living with dementia and their caregivers. Participants will enjoy activities, lunch, and the company of their peers with trained staff. Caregivers will also enjoy a break from the stress of caregiving. Call the front desk at 508-799-1232 for more info. **Sponsored in part by the Committee for the Future of Aging, a collaboration of the CMAA & Worcester County Sheriff's Office**



لقاء المجموعة العربية
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+
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
- 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.

REIKI ONE ON ONE Mon. Aug. 5 & 12 • 10-11:30 pm
15 minute Reiki healing sessions with June House RN, Reiki Master. Reiki energy reaches all levels of the person: physical, mental, emotional and spiritual planes, and creates many benefits including relaxation, peace, security, and well-being. Reiki healing works with all other medical or therapeutic techniques to relieve side effects and recovery from pain. Each session is to be paid at time of service. **\$10 per session.**

DRUMMING WITH MIKE LEO Tues. August 6 • 1:30-2:30 pm
Participate in the joy of making music together. A wide variety of drums and percussion instruments will be available for you to explore. Mike will lead you through a series of interactive musical games, activities and songs. **\$5 per class. Call 508-799-1232 to register. Scholarships available. Contact Patty Hainsworth @ 508-799-1232 xt. 48012 for more information.**



Shades of Gray perform



AARP Driver Safety Course



Allen Fletcher Distinguished Speaker



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



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



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

EST. 1943
UNO
PIZZERIA & GRILL

COMMITTED TO Craft 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 8/31/19.



Dementia Friendly Worcester Kick Off



Dementia Friends Session



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	
 <p>* Diabetic Friendly ** Higher Sodium Entree</p> <p>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.</p>						<p>Turkey Supreme 1 Herbed Stuffing Roman Blend Vegetables Pear Crisp (cold) Diet = Applesauce Alternate: SOUP DU JOUR SLICED TURKEY</p>		<p>Lemon Pepper Haddock 2 Seasoned Potatoes Brussels Sprouts Streusel Cake Diet = Half Piece Alternate: SOUP DU JOUR N.Y. PASTRAMI</p>	
<p>Chicken Pesto 5 Wild Rice Broccoli Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Vegetable Cheese Bake 6 Seasoned Potatoes Green Beans Mandarin Oranges Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Roast Beef Sandwich 7 Lettuce & Tomato Cucumber & Tomato Salad Potato Salad Strawberries NO ALT SERVED</p>	<p>Salisbury Steak 8 Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Chicken Milano 9 Vegetable Rice Pilaf Spinach Brownie Diet = Half Piece Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD</p>					
<p>Teriyaki Beef 12 Steamed Rice Broccoli Lorna Doones Fortune Cookie Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Meatballs w/Onion Gravy 13 Bowtie Pasta Scandinavian Vegetables Pineapple Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON</p>	<p>Marinated Pork Loin 14 Herbed Potatoes Carrots Gingerbread Alternate: SOUP DU JOUR TURKEY CAPE COD</p>	<p>BBQ Chicken 15 Mashed Potatoes Country Blend Vegetables Fresh Fruit Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD</p>	<p>Macaroni & Cheese 16 Stewed Tomatoes Green Beans Fruited Ambrosia Alternate: SOUP DU JOUR CORNEED BEEF</p>					
<p>Lasagna & Meatballs 19 Green Beans Vanilla Pudding Italian Bread Salad w/Dressing-Cong Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Roast Pork w/Gravy 20 Cranberry Stuffing California Vegetables Cold Apple Crisp Diet=Applesauce Alternate: SOUP DU JOUR TURKEY SALAD</p>	<p>Chicken Fajitas 21 Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple NO ALT SERVED</p>	<p>Beef Patty 22 Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Alternate: SOUP DU JOUR HAM SALAD</p>	<p>Salmon Boat w/ Dill Sauce 23 Mashed Potatoes Peas & Pearl Onions Gingerbread Alternate: SOUP DU JOUR SLICED ROAST BEEF</p>					
<p>Beef Stew 26 Rice Corn Niblets Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD</p>	<p>Buttermilk Chicken 27 Red Bliss Potatoes Mixed Vegetables Peaches Alternate: SOUP DU JOUR ALBACORE TUNA SALAD</p>	<p>Baked Potato w/ Chili & Cheese 28 Broccoli Sourcream Chocolate Mousse Alternate: SOUP DU JOUR CORNEED BEEF</p>	<p>Hot Dog on Bun 29 Baked Beans Coleslaw Strawberry Cup Alternate: SOUP DU JOUR EGG SALAD</p>	<p>Shepherd's Pie 30 Carrots Peas Cinnamon Streusel Cake Diet = Small Piece Alternate: SOUP DU JOUR SLICED TURKEY</p>					



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

MONDAY		TUESDAY		WEDNESDAY	
9-11:30 Cribbage Tournament 9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 10-11:30 REIKI ONE ON ONE 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-12 TRADITIONAL CHINESE MEDICINE DEMO 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH	1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD II	5	6	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 10:30-11:30 DISTINGUISHED SPEAKER SERIES 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 MONTHLY CRAFT CLASS 10-11:30 REIKI ONE ON ONE 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	1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD II	12	13	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 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-2:30 Crochet & Knit for Fun 1-2 FLOWER ARRANGING 1-3 Pitch 1:30-2:15 SEATED CORE CLASS	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 KNOW THE 10 SIGNS 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 1-3 Happy Quilters 1:30-2:15 SEATED STRENGTH CLASS	1:30-2:30 LEARNING ITALIAN 2:30-3:30 TAI CHI FHA MOD II	19	20	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 A CHANGING AMERICA 10-11:30 Mixed/Gentle Yoga 10-12 Cribbage 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 SUMMER CONCERT SERIES 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch	
9-1 BEGINNER SCRABBLE 9:15-9:45 Monday Tai Chi 9:30-11:30 Latino Club 60+ 9:30-11:30 Pitch Tournament 10-11:30 Yoga for the Active Senior 10-12 Cribbage 10-1 Scrabble 11-12 Spanish Class 12:30-1:30 BEGINNER SPANISH 1:30-2:15 SEATED STRENGTH CLASS 1:30-2:30 LEARNING ITALIAN	2:30-3:30 TAI CHI FHA MOD II 4-6 commission meeting	26	27	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 10:30-12:30 Open Bridge 12-1 Vietnamese Dancing Class 12:30-1:30 THE LEGENDARY JUDY GARLAND 12:30-2:30 Crochet & Knit for Fun 1-3 Pitch	

BRIARWOOD
Continuing Care Retirement Community

508-852-2670 | 65 Briarwood Circle | Worcester, MA 01606
www.briarwoodretirement.com

Briarwood offers you and your family peace of mind.

Briarwood

- The Best Value in Senior Living
- Maintenance-free cottages and apartments
- Restaurant-style fine dining
- A vibrant and caring community

Knollwood Nursing Center

- Post-acute, palliative, and respite care
- Rehabilitative therapies 7 days a week
- Joint Commission Accreditation
- State-of-the-art pharmacy system

508-853-6910 | 87 Briarwood Circle | Worcester, MA 01606
www.knollwoodnursingcenter.com

Knollwood
Nursing Center
YOUR PARTNERS IN CARE

DAY		THURSDAY		FRIDAY	
		8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 DOMINOES 9:30-11:30 TIE DYE T-SHIRT EVENT 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only	10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-3 Ping Pong 1-4 FRIENDS BINGO	TRIP: FOXWOODS 9-9:45 Chinese Tai Chi 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 Osteo Exercise/Maint 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-"APOLLO 13" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	7	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10-2:30 OIL PAINTING	10:30-11:30 Vietnamese Elder Group 11:30 -12:30 WPD NEIGHBORHOOD CRIME WATCH MEETING 11:45-12:30 VEGETARIAN LUNCH (Reservation required) 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 ADULT COLORING 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing	1-3 FRIDAY FLICK - "TAKING WOODSTOCK" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1:30-3 Open Bridge 2-3 FLOWER ARRANGING	14	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 LEGAL CONSULTATION FOR SENIORS-APPT ONLY 10-12 SHINE Counselor -Appt. Only	10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 12:30-1:30 WOOD BURNING CLASS 1-2 BOOK DISCUSSION CLUB 1-3 Ping Pong 1-4 FRIENDS BINGO	9-9:45 Chinese Tai Chi 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 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 10-12 MAB Support Group 11-12 BEGINNER FRENCH	11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing 1-3 FRIDAY FLICK -"BUTCH CASSIDY & THE SUNDANCE KID" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	21	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group 10:30-11:30 Vietnamese Elder Group	12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-10:30 HANDS ONLY CPR 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 1-3 Card Playing	1-3 FRIDAY FLICK - "GOOD MORNING VIETNAM" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II SAT 24TH- PLYMOUTH WHALE WATCH TRIP
1:30-2:15 SEATED CORE CLASS 1:30-3 Open Bridge	28	8:30-10 REC MOBILE MARKET 9-10 WALKING CLUB 9-11:30 Thurs card pick up group 9:15-9:45 Tai Chi 9:30-10:30 Beginner ESL 9:30-11:30 DOMINOES 9:30-12 RSVP-Blankettes Group 10-10:50 SENIOR CHALLENGE EXERCISE 10-12 Cribbage 10-12 SHINE Counselor -Appt. Only 10-2 African American Elder Group	10:30-11:30 Vietnamese Elder Group 12:30-1:30 Vietnamese Chorus Group 1-3 Ping Pong 1-4 FRIENDS BINGO	9-9:45 Chinese Tai Chi 9-10 Chinese Elder Group 9-11 BP WITH DPH NURSE AMELIA 9:30-11:30 Latino Club 60+ 10-11 Osteo Exercise/Maint 10-11:30 Chinese ESL 10-12 Cribbage 11-12 BEGINNER FRENCH 11-12 Osteo Exercise/Maint 12-1 Ballroom Dance 12-1 OSTEO BEGINNER	1-3 Card Playing 1-3 FRIDAY FLICK - "HELLO DOLLY" 1-3:30 Watercolor/Mixed Media 1:30-2:15 SEATED STRETCH YOGA CLASS 2:30-3:30 TAI CHI FHA MOD II



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.

TEN-10-TEN: ICE CREAM FOR YOU!

CALLING ALL VOLUNTEERS! This community needs more volunteers. At RSVP of Central MA we get calls all the time from non-profits who want RSVP volunteers. This is because they have a great reputation. They are reliable, hard-working, dedicated, and delighted to do for others. That's why we are asking for your help in recruiting others - perhaps your friends, or your family, or your former co-workers.

With "Ten-10-Ten", existing RSVP volunteers who refer someone to enroll in RSVP will be eligible to receive a \$10 gift certificate to one of four area ice cream shops or a \$10 gift card to Lowe's if the enrollee serves a minimum of ten hours at an RSVP station before June 30th. Here's the bonus: each person newly enrolled in RSVP and who completes ten service hours by June 30th will also receive a \$10 gift certificate or card. If you are NEW to RSVP you can be eligible for "Ten-10-Ten" as well if you enroll with a friend and each serve 10 hours by June 30th!

Don't wait. Give your friends and family the chance to enjoy ice cream while making a difference. Ask them to contact Tiffany at 508-791-7787 asap. RSVP is located on the third floor of the Worcester Senior Center. The sooner they enroll, the sooner they can enjoy their ice cream! You, too!

In doubt? Check it out! Call the Senior Fraud HelpLine 1800-297-9760.

RSVP is sponsored locally by Family Services of Central MA



Summer time is VOLUNTEER time!
Warm smiles, and lemonade cheers,
Reminiscing of summertime through the
years, This is why Senior Companion Volunteers,
Are so good at spreading cheer!!



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

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

Please call Joy Rehfeld @ 508-791-7783

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

CITY OF WORCESTER PUBLIC NOTICE

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

Eligibility requirements:

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

For more information and to download an application:

www.worcesterma.gov/boards-commissions 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

BACK BY POPULAR DEMAND!!!
SEPTEMBER SPECTACULAR CALENDAR RAFFLE

The FRIENDS of Worcester's Senior Center, Inc.'s **SEPTEMBER SPECTACULAR** Calendar Raffle is back!

Each day of **September**, you'll have a chance to win a **MINIMUM** of **\$100** in **CASH!** A **\$10** ticket buys **THIRTY** chances to win, up to a total of **\$3,000** in prizes! Makes a great gift for any occasion!
Proceeds benefit the Friends, who appreciate your support!!!

ENTER TODAY!

Complete this voucher and return it with a \$10 check (or money order) made out to: **Friends of Worcester Senior Center.**
 Please mail your check to: **The Friends/128 Providence St, Box 3/ Worcester, MA 01604,** or stop by the Hargrove/Aslanian Friends office in person (where cash is also accepted).

PLEASE FILL OUT VOUCHER ON THE NEXT PAGE COMPLETELY and PRINT LEGIBLY.

SEPTEMBER SPECTACULAR CALENDAR RAFFLE - RETURN THIS PORTION

Name: _____
 Address: _____
 Phone: _____ Amount Enclosed: _____ (\$10 per ticket purchased)

PLEASE MAIL CHECK OR MONEY ORDER TO:
 The Friends/128 Providence St, Box 3/Worcester, MA 01604.

SEPTEMBER SPECTACULAR CALENDAR RAFFLE

Name: _____
 Address: _____
 Phone: _____

RETAIN THIS PORTION FOR YOUR RECORDS.



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

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

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

Flyers for all trips available at the
 Friends Travel Office or call
 508-792-2948 and leave a message.

Travel office hours are Monday thru
 Thursday 9:30AM - 12:30PM

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

DAY TRIPS

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

Sat., Aug. 24	Plymouth Whale Watch Lunch included - Baked Scrod or Chicken	\$104.00/per person
Wed., Sept. 25	New Hampshire Turkey Train	\$89.00/per person
Tues., Oct. 15	Celebrate Polka!!! At the Aqua Turf, Plantsville, CT "The Polka Family Band"	\$94.00/per person
Fri. Nov. 22	A Salem Cross Christmas & Bright Nights Lights Choice of Chicken Pie or Maple Salmon	\$84.00/per person
Fri., Dec. 13	Yuletide Newport, decorated mansion, followed by lighting display at LaSalette 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

OVERNIGHT TRIPS

Deposit required at time of reservation as listed on flyer

Depart: Wednesday, September 11, 2019 Return: Friday, September 13, 2019	Boothbay Harbor (3 days) Maine FULL	Double \$496.00/pp, Triple \$486.00/pp Single \$696.00, Child \$386.00 (based on 2 adults in the room) Balance due 7/19/19
Depart: Sunday, February 23, 2020 Return: Tuesday, February 25, 2020	Atlantic City	Special Double, \$219.00/pp, Triple \$215.00/pp, Single \$299.00/pp. Deposit due by 12/26/19

FOXWOOD CASINO TRIPS

Price \$20.00 - Must be paid when making reservation

Fridays: August 2, September 6, & October 4, November 2 & December 6



Thank You Harvard Pilgrim
 for "A Day of Service".
 Maggie Mood (Worcester),
 VP of Sales and Marketing
 and Tina Ladrie (Shrewsbury)
 Sales Executive.



Elio Sonsini
 & Student
 Art Exhibit

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 9, NO. 8, AUGUST 2019

Worcester Senior Center
128 Providence Street
Worcester, MA 01604

BRAIN GAMES

Sudoku

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

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

©2019 Satori Publishing DIFFICULTY: ★★★★★

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- Yellow Sea arm
- Egypt. sacred bird
- To (Scot.)
- Monster
- Salt
- Alcott heroine
- Cold Adriatic wind
- Calamity
- Victory site of Alexander
- Huntress
- Part of golf course
- Plead
- Amer. Bar Assn. (abbr.)
- One that eats (suf.)
- Volcano crater
- Comprehensive Employment and Training Act (abbr.)
- Degree (abbr.)
- Wings
- Land west of Nod
- Affirmative
- Time (Ital.)
- Article
- Telegraph key
- Eagle's nest
- Hades river
- Upholstery fabric
- Eight (pref.)
- Ohio college town
- S. Afr. dialect
- Victory site of Nelson
- Down
- Conceal
- All. Coast Conference (abbr.)

ANSWER TO PREVIOUS PUZZLE

ADAR	MEAL	WAC
LORO	ASSI	IAL
AUTOMATON	LAI	
RASE	ROAD	
TBLS	SACRA	
ELS	OATH	MAAM
XAT	SIRIS	VCR
EMEU	TAKT	YEA
CAPSA	DEAR	
PANG	FUME	
KRA	SHOE	FRONT
APR	AEON	ANNA
AMT	RETE	LAAP

DOWN

- Cutting tool
- Gone by
- Water
- Anil (2 words)
- Bondman's money
- Science of (suf.)
- Sole of a plow
- Farewell, Brit.
- So be it!
- Jaguarundi's color phase
- Male noble
- Greek letter
- Beverage (abbr.)
- Carplike fish
- Son of Ruth
- Trifle
- Arikara people
- Baldness
- Berne's river
- Back
- Caper
- Cloche
- Moor
- Sound (pref.)
- Down with (Fr., 2 words)
- Mother of Brunhilde
- Thoroughfare
- Head
- Jap. porgy
- Tender loving care (abbr.)
- Office of Economic Development (abbr.)

©2019 Satori Publishing A68