

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS AND ACTIVITIES | VOLUME 10, NO. 8, AUGUST 2020



Dear Readers,

I hope that by the time you read this, the world, and especially Worcester, is a healthier place. During times of challenge, it is important to celebrate our blessings. The Senior Center's 20th anniversary video commemorates this spirit as expressed by so many diverse people from our past and present. Here, I share the words of one of them, David P. Stevens, Executive Director of the Massachusetts Association of Councils on Aging and Senior Centers, and celebrate with you again. ~ *Be well, Amy*

"I remember when the doors were first open and I can affirm that the promises that day have been kept. Congratulations to the staff of the senior center, specifically Director Amy Waters as well as members of the Elder Affairs Commission for continually meeting the needs of the residents of this great city. City Manager Ed Augustus, Mayor Joseph Petty, members of the city council should also be recognized for their continual support of older adults.

Your web page encapsulates a clear message: **The key to healthy aging is staying active in mind and body.** Examples of that pledge can be seen throughout the senior center in the programs that are provided and in the services to older adults that are rendered. Worcester's cutting-edge center provides countless opportunities for seniors to take "new directions" to maintain their health as well as programs that will help older adults become more financially secure.

During this time of COVID, your almost overnight transformation of your programming and activities onto your Stay Connected Video Channel, demonstrates just how nimble the staff of this center are and, how committed they are to addressing the needs of your participants during this difficult time. I wish to **also** recognize Worcester's recent commitment and designation as a Dementia Friendly Community which will help inform this city of the needs of this specific population and the needs their care givers.

Thanks for being a community that provides a vibrant focal point for older adults. Keep up the good work and continue to raise the standards for the rest of us across our Commonwealth. **Congratulations on this milestone."** ~ *Dave*



#pulltogether

Because councils on aging are communities on aging

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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WORCESTER SENIOR CENTER PRESENTS

THE SENIOR SCOOP

taking you in new directions



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

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

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

Hello Everyone,

As we go to print (in June), the Senior Center remains closed to the public so we are offering another special edition 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.

We miss you and hope to see you soon. Stay Safe, Stay Well and Stay Connected.

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.worchesterma.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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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.

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



THE WORCESTER SENIOR CENTER AUGUST DISTINGUISHED SPEAKER SERIES continues with

Worcester Art Museum Docents Brad Barker and Hank Rose presenting "The Ten: American Artists of the Gilded Age". This video was created specifically for the Senior Center's audience.

Over the next few months, **The Worcester Art Museum** is pleased to offer educational programming to the Worcester Senior Center community. We are sharing videos of our **Master Series lectures** filmed by the **WGBH Forum Network**, as well as videos from our recent exhibitions *Photo Revolution: Andy Warhol to Cindy Sherman* and *Beyond Midnight: Paul Revere*. We hope to see you in person when you can return to the Museum in the future.

WORCESTER ART MUSEUM
worcesterart.org

The Worcester Art Museum's *Master Series* highlights selected works of art in galleries throughout the Museum. Each work is also the focus of an art talk presented by a scholar in the field, allowing for a more in-depth appreciation of the piece and artist.

Hosted by the WAM Members' Council
Sponsored by: **abbvie**



Presented with support from the Bernard G. and the Louise B. Palitz Fund and the Amelia and Robert H. Haley Memorial Lecture Fund.

WSC SUMMER CONCERT SERIES GOES VIRTUAL

THE WORMTOWN MUGWUMPS

"A joyous forgetfulness of the troubles of life"

Worcester's #1 Home-Grown Jug Band performs old-timey, down home Folk, Country and Bluegrass... Led by legendary Worcester Folkie Donald Prange, the Mugwumps perform songs that your grandpappy used to sing and that your children still do.

Americana at its best!



ENJOY
WORCESTER
SENIOR CENTER
PARTICIPANT,
FREDDA LEVINE'S
ART & POETRY.



WSC SUMMER CONCERT VIRTUAL SERIES CONTINUES WITH... CARLOS ODRIA TRIOS

"Carlos Odria is a breathtakingly talented musician, fusing elements of Latin American folk music, Spanish flamenco, jazz and Afro-Peruvian rhythms into a fascinating mélange... it's impossible to not be struck by the lush sound, the immense technical skill and sheer beauty he creates."
Worcester Telegram & Gazette, MA



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FOR ACTIVE ADULTS



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www.SalmonHealth.com

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

View These Programs on Channel 192 the Government Channel (Worcester residents only) or on Worcester Senior Center Facebook page

THE WSC IS EXCITED TO WELCOME THE WORCESTER RED SOX SOON... we miss MLB and the Red Sox so in the meantime enjoy the following programs.

Dick Flavin, Red Sox Poet Laureate to introduce:

TURNING POINT - The Best Rivalry in Baseball -Look back on July 24, 2004, the Turning Point for the Red Sox in their quest to "Reverse the Curse".

1918 - 100 YEARS LATER - Boston Red Sox look back at a time when World War I overshadowed the team's fifth championship in 16 seasons and left the future of baseball in doubt.

1967 BOSTON RED SOX - THE IMPOSSIBLE DREAM - The year the Boston Red Sox shocked the baseball world. Players like Carl Yastrzemski helped carry the team to the World Series!



COOKING FROM HOME WITH QCC...

Your friends from Quinsigamond Community College's Hospitality & Recreation Management program have been hard at work to give you a peak into some of the cooking we have been doing from home.

Join us to watch Matthew Sullivan, HRM's Lab Site Supervisor cook a meal for 2, Pan fried pork cutlets, Roasted Potatoes, Green beans, and a pickled red cabbage.

Rebecca King, HRM's Lab Site Supervisor bakes bread from home.

Finally, Catherine Kling Nourse, MPH, RDN, LD, Adjunct Faculty/Nutrition Coordinator is making an Immune Booster Soup. All the Bobby M's Staff is looking forward to seeing everyone back at the Worcester Senior Center again soon!



COMING IN SEPTEMBER:

- "Protecting the Vulnerable Senior from Financial Exploitation" with Cathleen H. Summers, RN, Esq. of Generations Law Group
- Fall Concert-Bessie, Billie and the Blues featuring Lydia Fortune-Bessie Smith and Billie Holiday: 2 women who profoundly influenced American Music.

COMING IN SEPTEMBER HEALTH:

- MCPHS University, Forsyth School of Dental Hygiene, dental students offer educational workshop on oral health
- **NEW** OSTEOPOROSIS PREVENTION with Rhonda Hamer
- **NEW** YOGA VIDEO by Fern Lee
- WSC Senior Service Staff present Health Eating Workshop with Nutritionist Wendy Midgeley
- **NEW** Music Therapy with Cara Brindisi, MT-BC Songs include Bird and Flower themes.

NEW MUSIC THERAPY WITH CARA BRINDISI, MT-BC

Cara, a board certified Music Therapist, utilizes Music Therapy, the use of music to reach non-musical goals such as pain/anxiety management, relaxation, emotional or spiritual needs, memory recall, and self-insight.



Enjoy singing, song discussion, listening, and songwriting along with Cara!! *August themed Beach Songs* include The Sand & The Sea-Nat King Cole Old Cape Cod-Patti Page, Blue Hawaii-Elvis Presley, Summerwinds-Frank Sinatra and Under the Boardwalk-The Drifters!

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Knollwood
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YOUR PARTNERS IN CARE



Jose Curet, Latino Club 60+ coordinator, Yung Phan, multicultural coordinator, & volunteers

Members from the Latino Club 60+ help plant vegetables in the community gardens



REC FARMER'S MARKET SCHEDULE

www.recworchester.org/market-schedule

TUESDAY

Seabury Heights 8:30-9:30 am
Green Hill Towers 10:30-11:30 am
Webster Sq Towers 12:30-1:30 pm
Coes Pond 2:30-3:30 pm

WEDNESDAY

Family Health Center 10:00-11:30 am
Elm Park Towers 12:30-1:30 pm
Plumley Village 2:30-3:30 pm



THURSDAY

UU Church 11:30-12:30 pm
Lincoln Village 1:30-2:30 pm
EMK/GBV 3:30-4:30 pm

COVID-19 REC Farmers Market Guidelines



Wash hands before and after market



Do not touch produce you are not buying



Do not bring your own bags



Wash all produce before eating it



Stay at home if you are sick



You must wear a mask to enter market



Remain 6 feet apart from others while shopping

THANK YOU!



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

WALKING CLUB 2020**Hello Walking Club Participants!**

It is August! AUGUST!! How did that happen? The summer months seem to fly by no matter what is going on in the world. Once again, as I'm writing this in June I don't know where we will be in August, but wherever it is we need to take advantage of the beautiful weather and get outside and walk! Get your morning started with a cup of coffee, a few moments of quiet meditation and gratitude, some muscles stretches, then out the door for a morning walk before it gets to hot!! You will feel great all day! Remember to be safe and follow all the COVID-19 guidelines and send me some walking pics!! I would love to see you walking at your homes! If you can, take a picture and email it to me at linchj@worcesterma.gov. And until we can be together again...

**KEEP WALKING**

Jen

7 BENEFITS OF A MORNING WALK

Gives you energy for the rest of the day.



Removes the "I'll do it later" excuse.



Is a great way to set you up for the day.



Promotes weight loss and fat burning.



Early morning exercise is good for your heart.



Walking in the morning has social benefits.



Morning walking gives you time to plan out the day.

@stepzapp



Prescription Advantage

ARE YOU PAYING TOO MUCH FOR PRESCRIPTION DRUGS?

Prescription Advantage is the state-sponsored prescription drug assistance program for Massachusetts residents age 65 and older and people under age 65 with disabilities who meet income and employment guidelines Massachusetts. Prescription Advantage can help lower your costs even if you have other prescription drug coverage. Call Prescription Advantage at: 1-800-243-4636 and press 3 for more information. Or visit our web-site at: www.prescriptionadvantagemma.org

**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!**

THE MEMORY CAFE HAS GONE VIRTUAL

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



SUPPORT SERVICES: assistance with advocacy, information, applications, and pet supplies. Call 508-799-1232 and leave a message.

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

MASTER DANSERAU TAI CHI

FERN LEE -Seated Chair Yoga with Fern & Standing poses using the chair for assist with Fern

AEROBICS & YOGA with NANCY CIMATO

EXERCISE CLASSES with RHONDA HAMER: CARDIO, MUSCULAR ENDURANCE & RANGE OF MOTION SEATED STRENGTH, CORE & STRETCH

NEW MINDFUL MEDITATION ROBERT HARRINGTON CCH will present guided meditation based on the book, *The Four Agreements*.

NEW JOE FISH FITNESS SENIOR CHALLENGE

SHINE Medicare and More, SHINE is still helping Seniors Watch this program for insurance information and updates.

MCPHS, Pharmacy Outreach Program

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

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

THE SHINE PROGRAM IS OPEN AND AVAILABLE

We want to let everyone know that although our senior center partners are operating on a limited basis due to the COVID emergency, the SHINE Program is continuing to operate. Although we cannot provide office appointments at this time, our counselors are still available to assist you to answer any of your Medicare related questions. You can reach us if: you are aging into Medicare at 65, you have lost your employment coverage for any reason and you are 65 or older, or simply have a general question about your current Medicare coverage. Our counselors who are working remotely will return your call within 1 business day. If you live in Central Mass call us at 508-422-9931. We are also available via Zoom video conferencing to do one-on-one appointments if needed. In the near future we will be doing Medicare 101 presentations via Zoom. Visit our website www.shinema.org and our new Facebook page: SHINE Central MA.

Finally, Medicare and Social Security have announced new procedures for Medicare enrollment during the COVID emergency. This information is available on or website at www.shinema.org

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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:
- 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.

2020 US CENSUS

It's quick, private and easy to complete online or
over the phone.

Online: **my2020census.gov**

Over the Phone:

CENSUS BUREAU TOLL-FREE LANGUAGE LINES

English	844-330-2020
Español	844-468-2020
中文 (Mandarin)	844-391-2020
中文 (Cantonese)	844-398-2020
Tiếng Việt	844-461-2020
한국어	844-392-2020
Русский	844-417-2020
العربية	844-416-2020
Tagalog	844-478-2020
Polski	844-479-2020
Français	844-494-2020
Kreyòl Ayisy	844-477-2020
Português	844-474-2020
日本語	844-460-2020
English (Puerto Rico residents)	844-418-2020
Español (Residentes de Puerto Rico) ..	844-426-2020
Telephone Display Device (TDD)	844-476-2020

Remember to include everyone in your household --
kids, parents, roommates -- anyone living with you!



WORCESTER PUBLIC LIBRARY AVAILABLE SERVICES INCLUDE:

BOOKS: E-books & audiobooks are available through
Overdrive, Hoopla, & the Libby app.

MOVIES: Kanopy is a streaming service that lets those with
a WPL card watch 4 movies per month. Full listing of the
WPL virtual services available:
<https://mywpl.org/?q=article/virtual-services-adults>

CURBSIDE PICKUP is now being offered while the library
is closed to the public. Through this service, you may
request library materials ahead of time to borrow and pick
up outside the library. After you place a request, a staff
member will call you within 3 business days to schedule
a pickup. Curbside pickup service is available at the Main
Library, the Frances Perkins Branch, and the Great Brook
Valley Branch. Curbside pickup procedure is subject to
change. Call **508-799-1699** for assistance.

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

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

**FOR THOSE INTERESTED CHECK OUT THE SENIOR
CENTER'S BOOK DISCUSSION'S SELECTION FOR AUGUST:**
Talking to Strangers by Malcolm Gladwell.





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

EST. 1943
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Code: 2605

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

508-853-7266
www.texasroadhouse.com
535 Lincoln Street, Unit F
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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 8/31/20.

ENIGMA™ CRYPTOGRAM

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

"KV KT KDQNNQ S QNTKHSZON VPKDF
VR ZN INOO QNTWNDQNQ, ZBV VPN
FORHG ZNORDFT VR RBH

SDWNTVRHT." — MOBVSHWP

PREVIOUS SOLUTION: "Flattery looks like friendship, just like a wolf looks like a dog." — Author Unknown

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E002



Goddard / Homestead

A Caring Community for Elders

1199 MAIN STREET
WORCESTER, MASSACHUSETTS
www.goddardhomestead.org



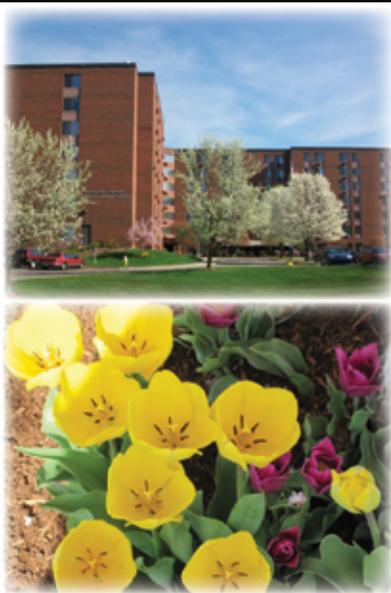
Goddard House provides gracious senior living in our studio, one, and two bedroom apartments in a historic home in Worcester. Residents of the Goddard House enjoy three chef prepared meals daily in our restaurant style dining room, trips to Mechanic Hall, restaurants, museums, and other locations, availability 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	THURSDAY	FRIDAY
Beef Stew 3 Rice Corn Niblets Mandarin Oranges Corn Muffin Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Buttermilk Chicken 4 Red Bliss Potatoes Mixed Vegetables Peaches Alternate: SOUP DU JOUR EGG SALAD	Baked Potato w/ Chili & Cheese 5 Broccoli Sour Cream Chocolate Mousse Alternate: SOUP DU JOUR SLICED HAM	Hot Dog on Bun 6 Baked Beans Corn Coleslaw Fruit Alternate: SOUP DU JOUR SLICED TURKEY	Shepherd's Pie 7 Carrots Peas Cookie Alternate: SOUP DU JOUR N.Y. PASTRAMI
Chicken Mornay 10 Couscous Roman Blend Vegetables Yogurt Alternate: SOUP DU JOUR CHICKEN SALAD	Meatloaf with Gravy 11 Garlic Mashed Potatoes Carrots Mixed Fruit Alternate: SOUP DU JOUR HAM SALAD	Roast Turkey & Gravy 12 Mashed Sweet Potatoes Roasted Brussels Sprouts Pears Alternate: SOUP DU JOUR SLICED ROAST BEEF	Macaroni & Cheese 13 Stewed Tomatoes Green Beans Peaches Alternate: SOUP DU JOUR TURKEY SALAD	Fish with Parmesean Cream Sauce 14 Wild Rice Broccoli w/Red Peppers Fruit Crunch Bar Alternate: SOUP DU JOUR CRANBERRY CHICKEN SALAD
Swedish Meatballs 17 Mashed Potatoes Scandinavian Vegetables Vanilla Pudding & Diet Pudding Alternate: SOUP DU JOUR ALBACORE TUNA SALAD	Roast Pork w/Gravy 18 Cranberry Stuffing Roasted California Vegetables Applesauce Alternate: SOUP DU JOUR RANCH CHICKEN SALAD w/ BACON	Sloppy Joe 19 Potato Wedges Mixed Vegetables Strawberries Alternate: SOUP DU JOUR SLICED TURKEY	Chicken Cacciatore 20 Gemmeli Pasta Broccoli Cookie Alternate: SOUP DU JOUR CAESAR CHICKEN SALAD	Fish w/Crumb Topping 21 Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Alternate: SOUP DU JOUR CORNED BEEF
Chicken Pot Pie 24 Mashed Potatoes Corn Niblets Cookie Biscuit Alternate: SOUP DU JOUR EGG SALAD	Spaghetti & Meatballs 25 Green Beans Peaches Alternate: SOUP DU JOUR TURKEY SALAD	Potato Crunch Fish 26 Herbed Potatoes Peas & Onions Mixed Fruit Tartar Sauce Alternate: SOUP DU JOUR N.Y. PASTRAMI	Baked Ham 27 Sour Cream & Chive Mashed Pot Carrots Pineapple Alternate: SOUP DU JOUR HAM SALAD	Garlic Herbed Chicken 28 Bread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Alternate: SOUP DU JOUR SLICED ROAST BEEF
Pork Rib-i-que 31 Mac N Cheese Green Beans Mandarin Oranges Alternate: SOUP DU JOUR CHICKEN SALAD	<div style="display: flex; align-items: center;">  <div style="text-align: center;"> <p>MENUS SUBJECT TO CHANGE.</p> <p>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> </div>  </div> <p>* Diabetic Friendly</p> <p>** Higher Sodium Entree</p>			



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.

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

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
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- 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
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 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

PHONE APPS FOR GROCERY DELIVERIES

Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for store deliveries:

INSTACART: You may shop from most grocery stores for a fee through the phone app. Expect deliveries within hours.

CVS: order your prescriptions and any items in store through the phone app for delivery within 1-2 days

PEAPOD DELIVERY: *NOT* operating through Stop and Shop at this time Expecting to operate again on May 4, 2020

PHONE APPS FOR RESTAURANT DELIVERIES

Some Restaurants offer free delivery, call the restaurant to check! Otherwise, try these apps to get a bite of your favorite restaurant foods delivered to your door. Many drivers travel to towns outside of Worcester also.

Download the following apps on your phone through Istore, Google Play, or your general App Store on phone for restaurant deliveries:

- 1) *Grubhub* 3) *UberEats* 5) *Delivery.com*
2) *Doordash* 4) *Postmates*

SAFETY TIPS & INFORMATION FOR GROCERY SHOPPING

1. Wear a mask at all times- this is now a requirement
2. Do your best to stretch out grocery trips- a trip every 2 weeks is recommended
3. Social distance at the stores! At least 6 feet away from others at every angle!
4. Use sanitizer before entering and when leaving store
5. Ask the store clerk/cashier to sanitize the belt at checkout before putting your items on it.
6. Try not to touch too many items unless you're buying them
7. Product returns and exchanges are not allowed at this time at most stores
8. If able, sanitize the items you've bought from the store with a cleaning product as well as clean any surface you put your groceries on.



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.

*Peapod is working at various locations. Check with the individual store to see if they are using PeaPod.

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.

SHARE THE NUMBER!

The Central MA Agency on Aging is the new Primary Sponsor of RSVP's Senior Fraud Helpline **800-297-9760**.

Please share this number with other seniors, their family and friends. Scams and frauds are using the COVID-19 pandemic to target seniors. Please call the Helpline to reach a trained volunteer who is there to listen to concerns, help you to decide the legitimacy of anyone asking you for money, and/or report someone targeting you.

Remember to **RECOGNIZE, RESIST** and **REPORT** possible scams and frauds!

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!

RSVP is sponsored locally by Family Services of Central MA



The Senior Companion Program is not in full operation currently, due to COVID-19. The SCP volunteer's health is of the utmost important during this unprecedented time we all are experiencing right now.



The SCP will be operating at full capacity at some point, we just are not sure when. When we return, we will be following Governor Baker's COVID-19 guidelines. Please everyone stay safe and continue to wear your masks when out in public, to stop the spread of this virus. Most importantly, enjoy the summer months ahead!!

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.

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

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.

**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



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.**



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.

THE SENIOR SCOOP

taking you in new directions



WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 10, NO. 8, AUGUST 2020

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.

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

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Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

1 Love (Lat.)
4 Fr.-Ger. region
8 Apiece
12 Scandalous material
13 Irish sweetheart
14 Carplike fish
15 Fr. historical provinces
17 Muslim holy man
18 Door (Lat.)
19 Mulberry of India
21 Inclement weather
24 Capital of Para, Brazil
28 River in "Kubla Khan"
31 Crest
33 Honey-eater bird
34 Lively (Fr.)
35 Heart auricle
36 Lady's title
37 Atl. Coast

DOWN

3 Aesir god
4 Devil
5 Turk. title
6 Scot. alder tree
7 Ottoman peasant
8 Rom. official
9 Air-to-air missile (abbr.)

ANSWER TO PREVIOUS PUZZLE

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

ACROSS

38 Bare
39 Tablespoon (abbr.)
40 Vug
42 P.I. tree
44 Admiral (abbr.)
46 Live
50 N. Caucasian language
53 Open
56 Israelite tribe
57 Dodecanese island
58 Girl
59 Weaverbird
60 Shak. contraction
61 Laconian clan group

DOWN

10 Circuit Court of Appeals (abbr.)
11 Enclose
16 Buttocks
20 Father; Hebrew
22 Eight (pref.)
23 Universe
25 Arm
26 Male noble
27 Tufted plant
28 Amalekite king
29 Flavor
30 Rivera, CA
32 Southern France
35 Sleeping
39 Public vehicle
41 Rom. province
43 Rockies range
45 Fish sperm
47 False friend
48 Knife
49 To or from a distance (pref.)
50 City on the Danube
51 Goddess (Lat.)
52 Vine
54 Nat'l Endowment for the Arts (abbr.)
55 Cholera