

# THE SENIOR SCOOP

*taking you in new directions*

WORCESTER SENIOR CENTER NEWS & ACTIVITIES | VOLUME 15, NO. 11, NOVEMBER 2025



**Kick off the Holiday Season  
with Music by Quadrivium**  
Burncoat High School Chorus  
**Tues., Nov. 25, 2025**  
**11:30am-12:30pm**



**WSC Annual Craft Fair**  
**Tues., Nov. 25, 2025**  
**9:30am-1pm**

Support Our Senior Center Crafters.  
Start Your Holiday Shopping Early!



**Calling All Crafters!**  
**Secure your Table.**  
Please call 508-713-3488



**Annual Thanksgiving Lunch Celebration**  
**Tuesday, November 25, 2025**  
**11:30am-12:30pm**

To register for the sponsored  
Thanksgiving Lunch  
Please call 508-799-8070  
Sponsored by  
Mayor Joseph M. Petty  
& Attorney Anthony Vigliotti



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Beef Stew</b> 3 Rice Corn Niblets Mandarin Oranges	<b>Buttermilk Chicken</b> 4 Red Bliss Potatoes Mixed Vegetables Peaches Whole Wheat Bread	<b>Baked Potato</b> 5 w/ Chili & Cheese Roasted Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	<b>Macaroni &amp; Cheese</b> 6 Stewed Tomatoes Green Beans Fresh Fruit Italian Bread	<b>Shepherd's Pie</b> 7 Carrots Peas Pear Crisp Diet/TVES = Pears Italian Bread
<b>Chicken Tiki Masala</b> 10 Couscous Roman Blend Vegetables Cookies Marble Rye Bread	<b>Veteran's Day</b> 11 <b>No Meals Served</b>	<b>Meatloaf with Gravy</b> 12 Garlic Mashed Potatoes Glazed Carrots Mixed Fruit Whole Wheat Bread	<b>**High Sodium Meal Hot Dog on Bun</b> 13 Baked Beans Coleslaw Baked Apples	<b>Honey Mustard Pork</b> 14 Stuffing Roasted Brussels Sprouts Fresh Fruit Marble Rye Bread
<b>Sloppy Joe</b> 17 Potato Wedges Mixed Vegetables Fresh Fruit Sandwich Roll	<b>Holiday Meal</b> 18 Roast Turkey & Gravy Herbed Stuffing Butternut Squash Pumpkin Mousse Italian Bread	<b>Swedish Meatballs</b> 19 Mashed Potatoes Scandinavian Vegetables Peaches Marble Rye Bread	<b>Chicken Cacciatore</b> 20 Gemmeli Pasta Roasted Broccoli Birthday Cake Diet = Half Piece Italian Bread	<b>Fish w/Crumb Topping</b> 21 Rice Pilaf Tuscany Style Vegetables Tropical Fruit Whole Wheat Bread
<b>Spaghetti &amp; Meatballs</b> 24 Green Beans Pear Crisp (Diet & TVES - applesauce) Whole Wheat Bread	<b>Pork Rib-i-que w/BBQ Sauce</b> 25 Mac N Cheese Green Beans Cold Baked Apples Sandwich Roll	<b>Beef Stir Fry</b> 26 Steamed Rice Broccoli Mousse Pumpnickel Bread	<b>Thanksgiving Day</b> 27 <b>No Meals Served</b>	<b>Closed</b> 28 <b>No Meals Served</b>
				


**MENUS SUBJECT TO CHANGE**

- \* Diabetic Friendly
- \*\* Higher Sodium Entree

Lunch is served at 11:30 am. \$3 suggested donation. Call 508-799-8070 between 9am & 1pm and 508-852-3205 ext. 290 after 1pm at least 2 days in advance to reserve a meal. Call 508-799-1232 or sign up at the front desk to reserve your cultural meal.

# GREEN HILL TOWERS

## Award Winning Affordable Senior Housing

- ♦ Spacious 1 & 2 bedroom Apartments
- ♦ Heat and hot water included
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- ♦ 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.



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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.

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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 11/30/25.

**WORCESTER SENIOR CENTER**

**128 Providence Street, Worcester, MA. 01604**

PHONE: **508-799-1232** | FAX: 508-799-1743

WEBSITE: [www.worcesterma.gov/senior-center](http://www.worcesterma.gov/senior-center)

You can access this newsletter by clicking on "Senior Scoop"



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

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Eric Batista

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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 Aging & Independence, Grants and Private Donations.



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 ext.48012 or ADA Coordinator [disabilities@worcesterma.gov](mailto:disabilities@worcesterma.gov).

**Hear For Your Life**

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

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Matthew Moreno, Au.D.  
Doctor of Audiology

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### FREE WATERCOLOR CLASS WITH ELIO SONSINI

Professor of fine & contemporary art.  
Every Fri. 1-3:30pm  
All are welcome - bring your own supplies.

### HERBERT E. BERG FLOWER ARRANGING

Wednesday, Nov. 19 • 1-2 & 2-3 pm  
Make and take home a **Thanksgiving** arrangement.  
\$20 fee to be paid at the time of the class. Sign up at the front desk or call 508-799-1232

### WORCESTER PUBLIC LIBRARY OUTREACH

Thursday, Nov. 20 • 9-10am  
3rd Thursday of the month  
Learn about WPL programs. Get help with eBooks and e-readers. Learn about braille, recorded books & get an events calendar. Ask about the **Autolend kiosk**.  
Ask about the **WSC Book Club** which takes place on the 3rd Thursday of the month.



### VET-TO-VET CAFÉ

Tuesday, Nov. 18 • 1:30-2:30pm

To join contact Dawn McCoy @ 508-320-3080  
email: dawn.mccoy@ascendhealth.com



### AARP TAX AIDE VOLUNTEERS

will return this February and March to do free tax returns. Appointments will be necessary. Scheduling will start on or about Jan 15. Details on how to schedule will be available in December.

### COMING IN DECEMBER

- Distinguished Speaker Nick Noble, Public Radio Station WICN, The History of Holiday Music Wed. 12/10, 10am-11am
- Worcester Sings the Holidays! Wed. 12/10, 11 am
- Wear Your Favorite Sweater Party, Wed. 12/17/25
- How to Cope with the Holiday Season Workshop, Tues. 12/9, 10am-11:30am
- Don't Be Scammed during the holiday season or ever with WPO Rebecca Mailea, Tues. 12/9/25, 10:30am-11:30am

### WPL LIBBY VISIT

Thursday, Nov. 20  
2-2:30pm



### LEARN ZENTANGLE WITH SHIRLEY

Thurs., Nov. 13 • 12:30-2pm  
Zentangle, the art of mindful drawing of repetitive designs helps boost concentration, reduce stress & stimulate creativity. Call 508-799-1232 to sign up.



### DRUMMING

every Fri. 1-2 pm  
Come Drum with us to uplift your spirits! Drumming is a unique combination of mindfulness that energizes, relieves stress and brings clarity and calm to the mind & body.



### REC'S FARMER'S MARKET

Thursdays • 9-10am



### CARD WRITING

Mon. Nov. 10 • 10:30-11:15 am  
Come hang out and write a card to those in need of a kind word. Join us to write a card, pick some up and/or share ideas.



### HYDROPONIC GARDENING

Every Tuesday • 11am-12pm

Charles Luster from 2gether We Eat will teach you how to grow food with water. A hands-on experience. Take home vegetables and share with others.



### WPD MEDICATION TAKE BACK

Drop off Mon-Fri. between 9am-4pm

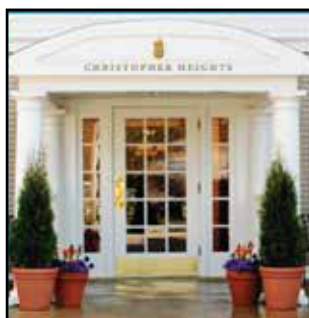
### BEMIS FARMS

#### NURSERY

Mon. Nov. 17  
1-2:30pm  
Project: Succulent Tree  
\$25  
Call 508-799-1232 to register.



Bemis Farm Fall Porch Pot



## CHRISTOPHER HEIGHTS ASSISTED LIVING

Quality Assisted Living for Every Budget



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20 Mary Scano Drive  
Worcester, MA 01605  
www.christopherheights.com





### ACTING CLASS PLAY, THAT CHILD IS STILL WITHIN YOU

Wed. November 5 • 10:30-11:30am

Have you ever wondered who that old person in the mirror is? If you know your heart is still 10 years old, then you'll enjoy our stories, poems, and scenes taken from classic children's literature. Come be a kid again with The Senior Center Acting Class.



### AMERICAN POLITICAL ITEMS COLLECTORS

Wed. November 12 • 10-11:30am

Join Walter Shea, a member of APIC, a nationwide nonprofit organization with around 16,000 members with regional chapters around the country. At these shows the members display, sell and appraise political buttons, ribbons, posters, and any items related, they also have different speakers. Every two years they have a national convention and next year the convention will be in Danvers Mass. Walter will display several political related items he has collected over the years.



Atty. Vickstrom Legal Talk

### VETERANS DAY PROGRAM

Thurs. November 6 • 10am-12:30pm



Welcome from the City of Worcester  
Veterans Services

- Dr. Joe F. Robinson, USMC Retired, Director of Veteran Services

#### Master of Ceremonies

- Sgt Maj Tracy Linch USMC, Ret. Military instructor, Marine Corps

#### Special Guests

- Philip Madaio, Decorated Vietnam Combat Veteran, Silver Star, Bronze Star, Purple Heart
- Betty Benoit, Life Associate Member of the Military Order of the Purple Heart, ROTC/JROTC Coordinator
- **Claremont Academy**, Worcester Public Schools

#### Presentation of Colors

- **Assabet Valley Technical HS MCJROTC Cadets**

Veterans and seniors, please reserve your complimentary free meal – ESWA Meal call 508-799-8070 or Cultural Meal 508-799-1232.



## Retirement Reimagined

Live the life you've earned at **The Willows at Worcester**, a vibrant 55+ lifestyle community. From chef-prepared dining to art studios, clubs, excursions, a heated saltwater pool, and personal fitness instruction, it's all here. Choose from spacious one- or two-bedroom apartments and charming cottages. Call **508-755-0088** today to schedule a tour and learn more about The Willows at Worcester!



101 Barry Road | Worcester, MA 01609



**WINTER WALKING CLUB YEAR 4!!****Thursdays, 9-10am Starts November 13th**

Colder weather doesn't mean we stop walking!! Join Jenny, Jose & the Walking Club Family in the lunchroom and keep your body moving with a walking/exercise video. Seating and standing options for all fitness levels and its FUN!!!

**FUNCTIONAL FLOW WITH MYRIAM LAMOUR****Every Tues. 3:30-4:15pm**

Class is designed specifically for older adults and beginners and will focus on exercises that mimic everyday activities like standing up, reaching, bending, walking, and lifting with an emphasis on proper form, balance, and core stability. The functional movement patterns will improve mobility, prevent injury, and stay active with ease.

**GET FITTED FOR DIABETIC SHOES****Fri. Nov. 7 • 9-4 pm**

Call 617-787-8779 for an appt., have your insurance card handy.  
www.bostonpedorthic.com/diabetes

**BETTER BREATHING WORKSHOP****Tues., Nov. 18 • 12:30-1:30 pm**

Certified Better Breather Facilitators ensure your safety and well-being by monitoring your blood pressure and pulse oximetry levels during our engaging activities, all which are designed to promote wellness.

**BEREAVEMENT GROUP****CANCELLED this month**

Share and express your grief, sadness, and loss, ask questions about the grieving process & explore ways to find hope & foster resilience.

**PIVOT POINT HOMECARE SERVICES  
MONTHLY BLOOD PRESSURE CLINIC****2nd Wednesday of the month****Wed. Nov. 12 • 9:30-11:30am****MONTHLY BLOOD PRESSURE  
CLINIC WITH FALLON HEALTH****Mon. Nov. 17 • 10:15-11:15am****WSC OFFERS FREE  
WELLNESS PROGRAMS**

**NEW: Indoor Walking Club-Thurs. 9-10am, Worcester Senior Center lunchroom** - Colder weather doesn't mean we stop walking!! Join Jenny, Jose & the Walking Club Family in the lunchroom and keep your body moving with a walking/exercise video. Seating and standing options for all fitness levels and its FUN!!!

**Functional Flow, Every Tues. 3:30pm-4:15pm****Drumming, every Fri. 1pm-2pm****Joe Fish Fitness-Tuesdays 9-10am & Thursdays 10-11am****Beginner Tai Chi with Master Dansereau-Wed. 2:45-3:45pm**

**Advanced Tai Chi with Master Dansereau-Wed. 1:30-2:30pm,**  
**Prerequisite: Beginner Tai Chi**

**Osteo Fitness Maint.-Tuesdays 9-10am & Fridays 10-11am,**  
**Pre-requisite Completion of Osteo Beginner**

**Chair Yoga-Mondays, 1-1:45pm****Chair Volleyball-Tuesdays, 12:30-1:30pm****Dance Fusion-Thursdays, 3:30-4:15pm****Somatic Movement Class-Tuesdays, 10-10:45am****Seated Stretch, Core & Strength-Fridays, 11:15-12noon****Ready & Steady Fall Prevention Balance Class-Mondays, 11:45-12:30pm****Dance Fit 4U-Mondays & Fridays, 9-9:45am****Mindful Meditation-Mondays, 12:30-1:30pm****COFFEE WITH THE DOC!****Tues. Nov. 18 • 10:15-11:15am**

Join us for a warm cup of coffee and some wisdom from **Dr. Sarah McGee, MD, MPH** — Retired Clinical Chief of Geriatric Medicine and Professor at UMass Chan Medical School. Ask questions, get insights on healthy aging, and connect in a relaxed setting with one of the region's leading voices in senior care. Space is limited. **Caring conversations, one cup at a time.**

**Ana Cristina Celebrates Grandparents Day**



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.



**Dr. Randy Lebar** shares the uplifting story of her mother, pianist Elaine Lebar, who went viral on TikTok while living with dementia.

**Sima Kustanovich**, acclaimed pianist and educator, has performed internationally to great critical acclaim

Thank you to ALL Our Sponsors!!!



A Special Thanks to:  
DFA Fund for Elder Care Education and Support

## STAY CONNECTED WITH YOUR HEALTH

Hosted by Michael Hirsh, MD, Medical Director for Worcester's Division of Public Health. Get COVID-19 updates from Dr. Hirsh as well as other timely health related topics. At the end of each program, enjoy Dr. Hirsh's colorful storytelling to brighten your day!



## ANNUAL MULTICULTURAL CELEBRATION

Wednesday October 29 • 9:30-11:30 am

Enjoy Performances by the cultural groups at the Worcester Senior Center. All are welcome to participate.

Entertainment by: **SERGIO DE ALMEIDA**



Advanced Tai Chi with Master Dansereau demonstrating the Yang Style 108 Movement Form



## Seniors Helping Seniors®

### In-Home Services for Seniors by Seniors

We offer compassionate companionship and in-home care services that help seniors remain independent in the comfort of their own homes. Our unique approach pairs active, caring older adults with fellow seniors who could use a helping hand and a friendly face.

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info@shsworcester.com



## HOLY TRINITY

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- Respite Care



FOR MORE INFORMATION PLEASE VISIT  
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508-852-1000

Fax 774-530-9186

300 Barber Avenue, Worcester, MA 01606

## SUPPORT SERVICES

**Advocacy, information services and application assistance:** Call 508-799-1232

### 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 with Atty. Michael Gorman & Atty. Anthony Vigliotti, & Atty. Elizabeth Newton** Call 508-799-1232 to schedule an appt.

**SHINE: Serving the Health Information Needs of Everyone.** The SHINE Program provides Health Insurance Counseling. (Spanish and Vietnamese interpretation available)

Call 508-799-1232, to request an appointment with SHINE Volunteer: Hazel Nourse. Appointment required. If you are Turning 65 and going on Medicare, visit [www.shinema.org](http://www.shinema.org).

**For information about these financial services and more call 508-799-1232 and ask to speak to senior services staff.**

## MEDICARE SAVINGS PROGRAMS

In MA, the MassHealth Buy-In programs assist with paying Medicare premiums for those who qualify based on income. Individuals who qualify for one of the Buy-In programs will also automatically be eligible for Extra Help to assist with prescription costs under Medicare Part D. Depending on your level of eligibility, the Buy-In program may also help to pay your Medicare deductibles, coinsurance, or copayments. If your income is at or below the amounts listed here, you may qualify for help from one of several Medicare Savings Programs.

**Single individual \$2,935/month**  
**Married couple \$3,966/month.**

## RAINBOW LUNCH AND SUPPER CLUBS

ESWA, hosts the **Rainbow Lunch Supper Club** for LGBTQA Elders, 60 years+ at the Unitarian Universalist Church, 90 Holden Street, Worcester. Lunch: 2nd & 4th Wed. of the month 12 pm. Dinner: 1st Tues. of the month, 6-8 pm.

## CAREGIVER SUPPORT GROUP!

**Wed. Nov. 19 • 10:15-11:30 am**  
Caregivers join to receive emotional and social support, build a support system, and exchange information on challenges, situations, and solutions. This group is for spouses and other family members caring for someone with memory loss. For additional information, contact Ana Cristina Oliveira; Senior Services Assistant, and Alzheimer's Assoc. support grp facilitator, at 508-799-1232 or [oliveiraac@worcesterma.gov](mailto:oliveiraac@worcesterma.gov).

## MULTICULTURAL MEALS

**COLLABORATION between ESWA Nutrition program, QCC Hospitality & Recreation Mgmt. program and the Senior Center.** Call the front desk at 508-799-1232 for more info. and to make a reservation. A voluntary donation of \$3 is appreciated for 60+. 60 yo & younger a cost of \$5 applies.

### Meal Schedule:

**Latino Meal: Wednesdays**

**Vietnamese Meal: Thursdays**  
**2nd Thurs. Vietnamese Vegan meal provided by the Loving Hut.**

### Menu for 11/13:

Combo Seasons, chicken & beef flavor (Mì xào thập cẩm) Soy "chicken & beef", combo veggies, brown sauce, onion served with noodles.

**Chinese Meal: Fridays**

Monthly menu available in the lobby.

## QCC FRIDAY TAKE OUT

**Friday Take Home Meal** every Friday. Enjoy fresh and nutritious meal. Pick up at Bobby M's Diner, **Fridays, 12-3pm.** Cost **\$7.** Reservations encouraged. Walk-ins first come, first served! **(508) 799-1232 ext. 48001.** For any questions see Ashley in the diner.



**Tuesdays • 12:30-1:30 pm**

Is food a problem for you? We have a proven, workable solution for everyone. Why not find peace with food. For more info. go to [centralmassoa.org](http://centralmassoa.org), or [oa.org](http://oa.org) for worldwide.

## "TIME TO CARE" RESPITE DAY PROGRAM

**Wednesdays, 9 am-1 pm**

A program for individuals living with dementia and their caregivers. **To register & for more info. call 508-799-1232 Space is limited.**



## SENIOR SPEAK RETURNS WITH EDITH MORGAN

**Mon Nov. 3 • 10-11:30 am**

For questions call Edith @ 508-791-0226



## MEMORY CAFE

**Tuesday, Nov. 18 • 2-3:30 pm**

Join a gathering of individuals with memory loss along with their caregivers, and/or friends and family in a safe, supportive, and engaging environment.



## TRANSPORTATION



For information and assistance, visit or call WSC Senior Services staff at 508-799-1232.

**2 WRTA Routes Service the Worcester Senior Center.** Route # 1 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. With a WRTA disability or senior ID, cost is **free at this time.** Information is available at the HUB's Customer Service or call the WRTA customer service at 508-453-3462.

## MCOA 50 + JOB SEEKER

**Wed. Nov. 5 • 1:30-3:30pm** Massachusetts Councils on Aging

**NEW: Virtual MCOA 50+ Job Seeker**

Folks can sign up for any of our events at [50plusjobseekers.org/](http://50plusjobseekers.org/) events.



## TALKING BOOK LIBRARY

### LOAN PROGRAM

Borrow your favorite books on audio tapes from the senior center. Call 508-799-1232 for more information on how to get started.



## FREE MINDFUL MEDITATION

**Mondays, 12:30-1:30 pm** **fallonhealth**  
Open to all. This free program is supported, in part, by a grant from Fallon Health.

## DON'T MISS OUT ON SENIOR PROPERTY TAX RELIEF!



Are you a Worcester senior citizen who owns property? The Senior Property Tax Abatement Program could help you save money on your property taxes!

Apply for Fiscal Year 2026 today! Applications can be found at [www.worcesterma.gov/finance/taxes-assessments](http://www.worcesterma.gov/finance/taxes-assessments)

**Eligibility Requirements:**  
Age 60 or older  
Worcester resident  
Income limitations apply  
Limited Availability, Apply Now!





**LATINO CLUB 60+****Wednesdays, 9:30-11:30 am**

Contact Jose Curet, Club 60+  
Latino Elder Group Coordinator  
508-799-1232 ext. 48007 for more  
information.

**El Club Latino 60+ • Miércoles**

Para más información, puede  
comunicarse con Jose Curet, a  
508-799-1232 ext. 48007.

**AFRICAN AMERICAN  
ELDER GROUP****Meets Thursdays 10 am-2 pm**

Call 508-799-1232 for info.

**VIETNAMESE ELDER  
PROGRAM**

Chương trình sinh hoạt Cao niên Việt  
Nam thứ 5 hàng tuần từ 9g sáng đến  
12:30 gồm:

Thử dục dưỡng sinh (hoặc đi bộ) -  
Thông dịch giấy tờ - họp mặt nghe  
thông tin như:  
an ninh cộng đồng, tư vấn pháp lý v.  
v, cơm trưa. Trung tâm có trợ giúp  
phương tiện di chuyển. Mọi chi tiết xin  
liên lạc: Lan Le: 508-799-1232 x48006  
Program runs Thursdays, 9- 12:30  
PM. For more info., please contact  
Lan Le at 508-799-1232 at ext.  
48006.

**CHINESE ELDER  
PROGRAM EVERY FRIDAY**

Contact Wei Shi 508-799-1232 ext.  
48014 shi@Worcesterma.gov

(Chinese)

每星期五 中國老年人活動節目

電子郵件: shi@Worcesterma.gov  
508-799-1232 ext. 48014

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اول و ثالث ثلاثاء من كل شهر  
من الساعة : 12:00-10:00  
للاستفسار الرجاء الاتصال :  
ورد

**Osama 774-253-2162****TECH 101**

Our Technology Program Assistant,  
Jim, is here to help you. He has  
many years of experience helping  
a wide range of people with a  
variety of software and hardware  
technologies. Schedule a 30 min.  
conversation with Jim and for all  
tech questions call 508-799-1232,  
ext. 48015.

**TECH TIP: BE WARY OF  
HOLIDAY-THEMED SCAMS!**

Scammers often exploit the  
charitable spirit of the holiday  
season with fake requests for  
donations. They may also send  
fake delivery shopping notifications  
to steal financial information.  
Always verify requests and official  
communications independently and  
never call a phone number listed in  
an unexpected email!!

**CONSUMER RIGHTS TIP**

If a salesperson knocks on your  
door unexpectedly, don't open the  
door, don't sign any agreements,  
and don't share personal informa-  
tion. Talk through the door and  
ask them to leave information.  
Later you can do online research  
and search for company info and  
reviews. Be wary of too-good-to-  
be-true promises. If you do sign  
an agreement with a door-to-door  
salesperson, you have a 3-day  
right to cancel.

**SENIOR SWIM IS BACK AT GIRLS INC.****Wednesdays & Fridays, 10:30 am-12 pm**

Daily Drop-in Fee \$8 Monthly Fee \$50. Registration not required.

Adults: 55 years+. Ask About Alumni Association Discount. Call 508-  
755-6455 with any questions. We are located at 125 Providence Street.

**BRAZILIAN CLUB****Toda Segunda-Feira do mês de 1-3 pm**

Group de socialização para pessoas da terceira idade que falam  
português. Para mais informação ligue para Ana Cristina Oliveira (Senior  
Services Assistant) 508-799-1232 or email at OliveiraAC@Worcesterma.  
gov. Social group for Portuguese speaking older adults held on the **2nd  
& 4th Monday of the Month, 1-3 pm**. For more information call Ana  
Cristina Oliveira (Senior Services Assist).



**FRIDAY FLICKS: Fridays at 1pm.** Free Movies & Refreshments. We  
continue to select some of the most current and popular movies and older  
favorites too! Suggestions always welcome! **MOVIES ARE SUBJECT TO  
CHANGE.** Please call 508-799-1232 for movie information for the month.  
The movie listing printout is also available at the front desk.

**WORCESTER FITNESS**

Located in the Worcester Senior Center, **Worcester**

**Fitness** is a **fitness center** especially designed for you!

Membership at the Senior Center is required to join our exciting  
**Worcester Fitness** programs and classes. Once a registered member and  
receive your own white senior center key tag, we warmly invite you to drop by  
our fitness facility for a full tour and start your membership process.

**Visit the fitness center to learn about the new classes on our schedule!**

Hours: Monday-Friday 9 AM-4 PM

**CITY OF WORCESTER PUBLIC NOTICE:**

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

[www.worcesterma.gov/boards-commissions](http://www.worcesterma.gov/boards-commissions) or call 508-799-1175.

Applicants from under-represented groups in the City are encouraged to apply.

**SMART ENERGY ADVICE PROGRAM****The Last Friday of the month****Nov. 21 • 11am-2:45pm**

The City of Worcester's Energy Advocate is here to help you at no cost  
with all your energy needs! Get unbiased advice on improving energy  
efficiency, understanding your utility bills, upgrading appliances, or  
exploring solar energy options. Visit the Smart Energy Advice page on the  
City's website or call 508-456-5752 to schedule an appt.



Happy  
Thanksgiving

**Join Our Team****Volunteer in Your Community**

We are looking for friendly and service-  
oriented people to join our volunteer team  
for this upcoming tax season. The program  
has several types of volunteer opportunities.  
You'll receive training and support, learn new  
skills, and feel great while helping others. **AARP**  
**Foundation Tax-Aide** provides free tax-filing help to those who need it most.  
Apply at [aarpfoundation.org/TaxaideVolunteer](http://aarpfoundation.org/TaxaideVolunteer)  
or call 1-888-AARP-NOW (1-888-227-7669).  
All training is provided. You do not need experience. You will need a good  
internet connection for the online training.



**AARP Foundation  
Tax-Aide**

**Got Medicare Questions?**

Turning 65 doesn't need to be  
complicated. I can help.

To schedule an  
appointment, please contact

**Edward Spater****(774) 271-5199**




[Espater@extraordinarybenefits.com](mailto:Espater@extraordinarybenefits.com)



Not affiliated with the federal Medicare program.



# 10 NOVEMBER 2025 PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 10-11:30 SENIOR SPEAK 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE	<b>4</b> <b>ELECTION DAY</b> 9-10 OSTEO FITNESS MAINTENANCE 9:45-10:30 SOMATIC MOVEMENT 10-2 Card Playing 10:30-11:30 Arabic Elder Grp <b>11-12 HYDROPONIC CLASS</b> 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 12:30-1:30 OVEREATERS ANON. <b>3:30-4:15 FUNCTIONAL FLOW</b>	<b>5</b> 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing <b>10:30-11:30 ACTING CLASS PLAY</b> <b>11:30-12:15 LATINO LUNCH</b> 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-2:30 ADVANCED TAI CHI <b>1:30-3:30 MCOA 50+ JOB SEEKERS</b> 2-4 ACTING CLASS 2:45-3:45 BEGINNER TAI CHI	<b>6</b> 8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9-10 REC MOBILE MARKET 10-2 Card Playing 10-11 JOE FISH FITNESS 10-11:15 SUPPORT GRP for MEN 65+ 10-12:30 VETERANS DAY PROGRAM 10-12 SHINE Counselor - Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp <b>11:30-12:15 VIETNAMESE LUNCH-</b> 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION	<b>7</b> 8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9-11:30 Dominoes 9-4 DIABETIC SHOE CLINIC 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE <b>11:30-12:15 CHINESE LUNCH</b> 12-1 Ballroom Dance 1-2 DRUMMING <b>1-3 FRIDAY FLICK</b> 1-3:30 Watercolor/Mixed Media
<b>10</b> 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing <b>10:30-11:15 CARD WRITING</b> 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE	<b>11</b> <b>Closed to</b> <b>OBSERVE VETERANS DAY</b> 	<b>12</b> 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 <b>9:30-11:30 PIVOT BLOOD PRESSURE CLINIC</b> 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing <b>10:30-11:30 POLITICAL ITEMS COLLECTORS</b> <b>11:30-12:15 LATINO LUNCH</b> 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-2:30 ADVANCED TAI CHI 2-4 ACTING CLASS 2:45-3:45 BEGINNER TAI CHI	<b>13</b> 8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9-10 REC MOBILE MARKET 10-2 Card Playing 10-11 JOE FISH FITNESS <b>10-11:15 SUPPORT GRP for MEN 65+</b> 10-12 SHINE Counselor - Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp 11:30-12:15 VIETNAMESE LUNCH- LOVING HUT 12:30-1:45 MEN IN RETIREMENT 12:30-2:00 LEARN ZENTANGLE 1-4 Ping Pong 3:30-4:15 DANCE FUSION	<b>14</b> 8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9-11:30 Dominoes 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 11:15-12:00 SEATED EXERCISE <b>11:30-12:15 CHINESE LUNCH</b> 12-1 Ballroom Dance 1-2 DRUMMING <b>1-3 FRIDAY FLICK</b> 1-3:30 Watercolor/Mixed Media
<b>17</b> 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing <b>10:15-11:15 FALLON BLOOD PRESSURE CLINIC</b> 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE <b>1-2:30 BEMIS</b>	<b>18</b> 9-10 OSTEO FITNESS MAINTENANCE 9-10 JOE FISH FITNESS 9-11 Atty Elizabeth Newton- by appt only 9:45-10:30 SOMATIC MOVEMENT 10-2 Card Playing 10-11 OSTEO BEGINNER <b>10:15-11:15 COFFEE WITH THE DOC</b> 10:30-11:30 Arabic Elder Grp 10-12 LEGAL CONSULT WITH ATTY VIGLIOTTI- BY APPT ONLY <b>11-12 HYDROPONIC CLASS</b> <b>11-1 REP DONAHUE OFFICE HRS</b> 12:30-2 Sewing Class <b>12:30-1:30 BREATHING WORKSHOP</b> 12:30-1:30 OVEREATERS ANON. 12:30-1:30 CHAIR VOLLEYBALL <b>1:30-2:30 VET TO VET CAFE</b> <b>2:00-3:30 MEMORY CAFE</b> <b>3:30-4:15 FUNCTIONAL FLOW</b>	<b>19</b> 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga <b>10-11 SENATOR MOORE OFFICE HOURS</b> 10-2 Card Playing <b>10:15-11:30 CAREGIVER SUPPORT GRP</b> <b>11:30-12:15 LATINO LUNCH</b> 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-2:30 ADVANCED TAI CHI <b>1-2 FLOWER ARRANGING</b> <b>2-3 FLOWER ARRANGING</b> 2-4 ACTING CLASS 2:45-3:45 BEGINNER TAI CHI	<b>20</b> 8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9-10 REC MOBILE MARKET 10-2 Card Playing 10-11 JOE FISH FITNESS <b>10-11:15 SUPPORT GRP for MEN 65+</b> 10-12 SHINE Counselor - Appt. Only 10-2 African American Elder Grp 10:30-11:30 Vietnamese Elder Grp <b>11:30-12:15 VIETNAMESE LUNCH-</b> 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong <b>1-2 BOOK DISCUSSION</b> <b>2-2:30 LIBBY</b> 3:30-4:15 DANCE FUSION	<b>21</b> 8:30-10:00 CHINESE ELDER GRP 9:00-9:45 DANCE FIT 4U 9-11:30 Dominoes 10-2 Card Playing 10-11 OSTEO MAINTENANCE 10-11:30 CHINESE ESL 10-12:30 MAB: Low Vision Support Grp 11-2:45 SMART ENERGY ADVOCATE -APPT ONLY 11:15-12:00 SEATED EXERCISE <b>11:30-12:15 CHINESE LUNCH</b> 12-1 Ballroom Dance 1-2 DRUMMING <b>1-3 FRIDAY FLICK</b> 1-3:30 Watercolor/Mixed Media
<b>24</b> 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE	<b>25</b> 9-10 OSTEO FITNESS MAINTENANCE 9:30-1 CRAFT FAIR 10-2 Card Playing 10:30-11:30 Arabic Elder Grp 11-12 HYDROPONIC CLASS 11:30-12:30 THANKSGIVING DINNER 11:30-12:30 QUADRIVIUM 12:30-2 Sewing Class 12:30-1:30 OVEREATERS ANON. 12:30-1:30 CHAIR VOLLEYBALL <b>3:30-4:15 FUNCTIONAL FLOW</b> 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing <b>11:30-12:15 LATINO LUNCH</b> 12-3 Card Player Pick up	<b>26</b> 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 11:30-12:15 LATINO LUNCH 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-2:30 ADVANCED TAI CHI 2-4 ACTING CLASS 2:45-3:45 BEGINNER TAI CHI	<b>27</b> <b>CLOSED FOR THANKSGIVING</b> 	<b>28</b> <b>CLOSED FOR THANKSGIVING</b>
				



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( ) \_\_\_\_\_ included as an additional contribution.

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**128 Providence St., Box 3, Worcester, MA 01604-5413**  
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VOLUME 15, NO. 11, NOVEMBER 2025



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.

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

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DIFFICULTY: ★☆☆☆☆

#### Answer to Previous Sudoku

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

### CROSSWORD PUZZLE

#### ACROSS

- 1 Vehicle compartment  
4 Bad (pref.)  
8 Legal weight of a rupee  
12 Certified Public Accountant (abbr.)  
13 Chin. dynasty  
14 Olive genus  
15 Mulberry of India  
16 Hing  
18 Jutlander  
20 Mother of Polux  
21 Dadaist  
23 Carriage  
25 Syphilis  
26 Oaf  
27 Palestine Liberation Organ. (abbr.)  
30 Lady's title  
31 Civet  
32 Limb  
33 Adjective-forming (suf.)  
34 Thought  
35 Bull (pref.)  
36 Maple genus  
37 Hop  
38 Treatment  
40 Stag  
41 Acacia (2 words)  
44 Edible seed  
47 Viking  
48 Adriatic seaport  
49 Sphere  
50 Concert halls  
51 Fertilizer ingredient  
52 Drop

#### DOWN

- 1 Circuit Court of Appeals (abbr.)  
2 Amazon tributary  
3 Alopecia  
4 Sing

#### ANSWER TO PREVIOUS PUZZLE

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

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
		18	19				20			
21	22				23	24				
25				26				27	28	29
30			31					32		
33			34				35			
		36				37				
	38	39				40				
41				42	43			44	45	46
47				48				49		
50				51				52		

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