

THE SENIOR SCOOP

taking you in new directions

WORCESTER SENIOR CENTER NEWS & ACTIVITIES | VOLUME 15, NO. 12, DECEMBER 2025



Happy Holidays

*from the Staff of the
Worcester Senior Center*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Vegetable Cheese Bake 1 Seasoned Potatoes Green Beans Cookies Whole Wheat Bread	Burger with Chili & Cheese 2 Potato Wedges Fresh Fruit Sandwich Roll	Jambalaya 3 Rice Pilaf Green Peas Mandarin Oranges Marble Rye Bread	Ranch Chicken 4 Au Gratin Potatoes Spinach Spice Cake /Diet=Small Piece Pumpnickel Bread	Braised Beef 5 Mashed Potatoes Scandinavian Veg. Pears Italian Bread
Salisbury Steak 8 Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll	**High Sodium Meal Hot Dog on Bun 9 Baked Beans Coleslaw Baked Apples Mustard	Turkey Supreme 10 Herbed Stuffing Glazed Carrots Cake / Diet=Small Pc. Italian Bread	Baked Potato w/ Chili & Cheese 11 Roasted Broccoli Lemon Pudding/Diet Pudding TVES = Cookie Whole Wheat Bread	Burgundy Pork 12 Mashed Carrot & Sweet Pot. Roasted Brussels Sprouts Peaches Italian Bread
Shepherd's Pie 15 Carrots Peas Tropical Fruit Marble Rye Bread	Greek Chicken 16 Steamed White Rice Roasted Broccoli Chocolate Mousse Pumpnickel Bread	Meatloaf with Gravy 17 Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	American Chop Suey 18 Winter Blend Veg. Birthday Cake & Diet Italian Bread	Frittata 19 Stewed Tomatoes Green Beans Cookies Whole Wheat Bread
Chicken Picatta 22 Lemon Seasoned Rice Roasted Broccoli Rice Krispy Treat Pumpnickel Bread	Holiday Meal Stuffed Chicken (w/Gravy) 23 Cranberry Stuffing Buttered Carrots Carrot Cake Diet =Small Piece Dinner Roll	Teriyaki Beef 24 Steamed Rice California Blend Veg. Pineapple Fortune Cookie Pumpnickel Bread	Christmas Day 25 No Meals Served	Lemon Pepper Haddock 26 Rice Pilaf Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce
Macaroni & Cheese 29 Stewed Tomatoes Green Beans Cookies Italian Bread	Meatballs w/Onion Gravy 30 Bowtie Pasta Scandinavian Vegetables Pineapple Italian Bread	Marinated Pork Loin 31 Herbed Potatoes Glazed Carrots Vanilla Mousse Marble Rye Bread	 <p>Merry Christmas, Happy Hanukkah, Happy Kwanzaa. Have a happy holiday!</p> 	


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
- ♦ 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.

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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.

EST. 1943

UNO

PIZZERIA & GRILL

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, Duo, Go. Void where prohibited by law. Coupon is not transferable and not for resale. No cash value.

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any purchase of \$25 or more

508-858-1266
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 12/31/25.

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

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- Amplified Phones
- Hearing Evaluations
- Wax Removal
- Hearing Protection
- Musicians' 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

WORCESTER SENIOR CENTER

128 Providence Street, Worcester, MA. 01604

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

WEBSITE: www.worcesterma.gov/senior-center

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



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

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Eric Batista

Alex Arriaga

Interim HHS Commissioner

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Consumer Rights	Robin Schwartz
	Tizita Adinew
	Angie Aguilar
Dementia Friendly Coordinator	Vanessa Ramos
Program Assistant	Shirley Lyon

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.



JEWISH HEALTHCARE CENTER

**AFTER YOUR HOSPITALIZATION
CHOOSE THE BEST...
JEWISH HEALTHCARE CENTER**



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Jewish Healthcare Center
629 Salisbury Street, Worcester, MA 01609
JHCCENTER.ORG (508) 798-8653

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, Dec. 11 • 1-2 & 2-3pm
Make and take home a **Boxwood** 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, Dec. 18 • 9-10am
3rd Thursday of the month

Learn about WPL programs. Get help with eBooks and e-readers. Ask about the **Autolend kiosk**.



BOOK DISCUSSION

Thursday, December 18, 1-2pm

We are reading *Away in a Manger*, a Christmas mystery novel by **Rhys Bowen**. Molly Murphy Sullivan investigates the case of two well-spoken English children she finds begging on the streets of 1905 New York City.



AARP TAX AIDE volunteers will be available February and March for free tax return assistance. Appointment required. Call 774-515-0844 to schedule an appointment no earlier than Jan 15th.

COMING IN JANUARY BRAIN HEALTH MONTH

- Puzzles with Right At Home 1/23/26
- UMASS Urology focus on Men's Health, Wed. 1/14/26 10-11:30am, snow date, Wed. 1/21/26
- UMASS Neurology Dept, Wed. 1/28/26 10:30-11:30am, Snow date: Thurs. 1/29/26
- Brain Health: "A Recipe for Life" Mon. 1/28/26 10-11am snow date Tues. 1/29

REC'S FARMER'S MARKET

Thursdays • 9-10am
LAST DAY Thursday, Dec. 18th
Winter Market Coming Soon



LEARN ZENTANGLE WITH SHIRLEY

Thurs., Dec. 11 • 12:30-2 pm

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. 1-2pm

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.



CARD WRITING

Mon. Dec. 8 • 10:30-11:15am

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.



LEARN TO PAINT WITH LINDA FROM ARTS & CRAFT STUDIO

Thurs. Dec. 11 • 1-3pm

Linda will teach you how to paint with acrylics. No experience or materials needed. Make and take home a finished picture.



Choose from Butterfly \$15 or A Vase with Flowers \$20.
To Register call 508-799-1232. Cash only.



WPL LIBBY VISIT

Thursday, Dec. 18
2-2:30pm



HYDROPONIC GARDENING

is taking a Break and will resume in the spring.

BEMIS FARMS NURSERY

Mon. Dec. 8 & 15 • 1-2pm

Projects:
12/8 Santa, \$25

12/15 Victorian Centerpiece \$20

Call 508-799-1232 to register.



CRAFTS WITH MAUREEN CARLOS

Tues. Dec. 9 & 16
10-11:30am, \$5 fee.
Call 508-799-1232 to register. Projects on display in the lobby cabinet.

12/9: Friendship Soup

12/16: Holiday Wreath



VET-TO-VET CAFÉ

Tuesday, Dec. 9 • 1:30-2:30pm

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



Dementia Friends Session



CHRISTOPHER HEIGHTS ASSISTED LIVING

Quality Assisted Living for Every Budget



CHRISTOPHER HEIGHTS[™]
of Worcester
AN ASSISTED LIVING COMMUNITY

For more information or to schedule a tour,
call Melissa Esteves at 508-792-1456.

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



DISTINGUISHED SPEAKER NICK NOBLE, PRESENTS VISITING HOLIDAY SONGS!

Wed. Dec. 10 • 10-11am

Did you know that "Sleigh Ride" was a Thanksgiving Song?... Join WICN's Nick Noble **the Folk Revival** Host for public radio station WICN, as he takes a look at some of your favorite holiday songs...



STAY ON FOR... WORCESTER SINGS THE HOLIDAYS!

A special and fun holiday event with Susan and Stephen from Stomp N' Holler, Toni and Dave from The Hip Swayers and Dave and Eric from Hit The Bus as they come together and perform many of your holiday favorites... From "White Christmas" to "Sleigh Ride," it's sure to be a magical time! ... and you just might hear a little Elvis or The Ronettes!

Lunch provided by Holy Trinity

**Please call ESWA for the Main Meal
508-799-8070 and 508-799-1232 for the
Cultural Meal**



HOW TO COPE WITH THE HOLIDAY SEASON WITH REV. JOHN NEILON, SPIRITUAL CARE COORDINATOR, NOTRE DAME HOSPICE

Tues. Dec. 9 • 10-11:30am

Whether it's your first holiday without your loved one or you've already been through many, this grief workshop is designed to give you some practical strategies to help you get through the holidays even while you're grieving. We will address the question of skipping the holidays, having an exit plan if invited to a holiday gathering, taking the pressure off yourself, discovering new traditions, and more.



WEAR YOUR FAVORITE HOLIDAY SWEATER PARTY.....

**with the talented Bill McCarthy
Wed. Dec. 17 • 10-11am**

**Coffee and...
provided by**



**Lunch provided by United Health Care
Please call ESWA for the Main Meal
508-799-8070 and
508-799-1232 for the Cultural Meal**



HOLIDAY SING-ALONG WITH NICKY D. Wed. Dec. 17 • 11:30am-12:30pm

NICKY D is a dynamic singer and entertainer, performing a variety of Classic Holiday Favorites! He'll also perform music made popular by: Frank Sinatra; Dean Martin; Johnny Mathis; Bobby Darin; Engelbert Humperdinck; Tom Jones; Elvis; Neil Diamond and others.



ZERO FARE WORCESTER COALITION Wed. Dec. 17 • 1-2pm

Chat and share your experiences with The Zero Fare Worcester Coalition, a grassroots coalition of riders, local agencies and community leaders who have been advocating for the elimination of fares and the improvement of Worcester Regional Transit Authority service. Please register for this program call 508-799-1232.



Enjoy a hot chocolate bar for those who attend!



DON'T BE SCAMMED DURING THE HOLIDAY SEASON OR EVER

Tues. Dec. 9 • 10:30-11:30am

Officer John Alers, Community Liaison Officer, Worcester Police department, will discuss how to protect yourself from scammers



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. Dec. 5 • 9-4 pm**

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

**BETTER BREATHING WORKSHOP****Tues., Dec. 9 • 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.

**JACK'S GROUP FOR MEN OVER 65: NAVIGATING THE JOURNEY OF AGING****FREE 8-Week Series • Thurs., Jan 8-Feb 26, 2026 • 10-11:15 am****Learn more: lobby table on Dec 11 & 18, 10-11 a.m.**

Aging brings with it a unique set of challenges and opportunities, and no one should face them alone. We are pleased to announce a new support group specifically for men over the age of 65—a safe, confidential, and welcoming space to share experiences, find support, and develop practical strategies for thriving in later life.

For more information & to register, call Jack Bonina, LICSW at 508-981-8566. This field demonstration project is funded in part with a grant from:

**PIVOT POINT HOMECARE SERVICES MONTHLY BLOOD PRESSURE CLINIC**

2nd Wednesday of the month
Wed. Dec. 10 • 9:30-11:30am

**MONTHLY BLOOD PRESSURE CLINIC WITH FALLON HEALTH****Mon. Dec. 15 • 10:15-11:15am****WPD MEDICATION TAKE BACK****Drop off Mon-Fri. between 9am-4pm****WSC OFFERS FREE WELLNESS PROGRAMS**

Indoor Walking Club-Thurs. 9-10am, Worcester Senior Center lunchroom

Functional Flow, Every Tues. 3:30-4:15pm

Drumming, every Fri. 1-2pm

Joe Fish Fitness-Tuesdays 9-10am & Thursdays 10-11am

Beginner Tai Chi with Master Dansereau-Wed. 2:45-3:45pm, 12/17 end date for 2025

Advanced Tai Chi with Master Dansereau-Wed. 1:30-2:30pm, Prerequisite: Beginner Tai Chi, 12/17 end date for 2025

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. Dec. 16 • 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.**



**Paws Parade
With Lutheran HC
& Vibra Hospital**

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.

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



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!



Intergenerational Halloween



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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Short-Term Rehabilitation

- Skilled nursing services
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- Occupational Therapy
- Speech Therapy
- Respiratory Therapy
- Respite Care



FOR MORE INFORMATION PLEASE VISIT
HOLYTRINITYREHAB.ORG

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.

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. Dec. 17 • 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.

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 12/11:

Healthy Fried Rice (*Cơm Chiên Chay*):
Brown/White rice fried with peas, corn, carrots, onions, cabbage, bean sprouts, ginger, & chick'n

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, or 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 Dec. 1 • 10-11:30 am

For questions call Edith @ 508-791-0226



MEMORY CAFE

Tuesday, Dec. 16 • 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. Dec. 3 • 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/ 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

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 đọc 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

لقاء المجموعة العربية
ستتم الاجتماعات الشهرية كالتالي:
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:

Pay attention to your purchases during the holiday season!

You'll likely make more purchases over the holiday season, so check your credit and bank account statements frequently. Notify financial institutions immediately if you see any unauthorized charges.

CONSUMER RIGHTS TIP

Be suspicious of unexpected text messages, especially if they seem urgent. Scammers often use alarming language to try to trick you into acting impulsively. Be wary of messages from phone numbers you don't recognize. If you need to call a business, use the contact information listed on their official website.

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 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.

**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 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



Not affiliated with the federal Medicare program.

10 DECEMBER 2025 PROGRAM CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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	2 9-10 OSTEO FITNESS MAINTENANCE 9-10 JOE FISH FITNESS 9:45-10:30 SOMATIC MOVEMENT 11-12 HYDROPONIC CLASS 10:30-11:30 Arabic Elder Grp 11-12 HYDROPONIC CLASS 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 3:30-4:15 FUNCTIONAL FLOW	3 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 1-2 FLOWER ARRANGING 1:30-2:30 ADVANCED TAI CHI 1:30-3:30 MCOA 50+ JOB SEEKERS 2-3 FLOWER ARRANGING 2:45-3:45 BEGINNER TAI CHI	4 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 OVER 65 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- 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 3:30-4:15 DANCE FUSION	5 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 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-2 DRUMMING 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media
8 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 10:30-11:15 CARD WRITING 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE 1-2 BEMIS FARM	9 9-10 OSTEO FITNESS MAINTENANCE 9-10 JOE FISH FITNESS 9:45-10:30 SOMATIC MOVEMENT 9-11 LEGAL CONSULT WITH MIKE GORMAN- appt only 10-2 Card Playing 10-11:30 HOW TO COPE WITH THE HOLIDAYS WRKSHp 10-11:30 CRAFTS WITH MAUREEN CARLOS 10:30-11:30 Arabic Elder Grp 10:30-11:30 DON'T BE SCAMMED 11-12 HYDROPONIC CLASS 11-1 REP DONAHUE OFFICE HRS 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 12:30-1:30 BETTER BREATHING WORKSHOP 1:30-2:30 VET TO VET CAFE 3:30-4:15 FUNCTIONAL FLOW	10 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 9:30-11:30 PIVOT BLOOD PRESSURE CLINIC 10-11:30 Mixed/Gentle Yoga 10-2 Card Playing 10:00-11:00 THE HISTORY OF HOLIDAY MUSIC 11:00-12:30 WORCESTER SINGS THE HOLIDAYS 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 2:45-3:45 BEGINNER TAI CHI	11 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 OVER 65 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 1-3 LEARN TO PAINT 1-4 Ping Pong 3:30-4:15 DANCE FUSION	12 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 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-2 DRUMMING 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media
15 9-9:45 DANCE FIT 4U 9:30-11:30 Pitch Tournament 10-11:30 Yoga for Active Seniors 10-2 Card Playing 10:15-11:15 FALLON BLOOD PRESSURE CLINIC 11:45-12:30 EXERCISE W/ MARTY 12:30-1:30 MINDFUL MEDITATION 1-1:45 CHAIR YOGA 1-3:15 SCRABBLE 1-2:30 BEMIS	16 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 10-11:30 CRAFTS WITH MAUREEN CARLOS 10:15-11:15 Coffee with the Doc 10:30-11:30 Arabic Elder Grp 10-12 LEGAL CONSULT WITH ATTY VIGLIOTTI- BY APPT ONLY 11-12 HYDROPONIC CLASS 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 2:00-3:30 MEMORY CAFE 3:30-4:15 FUNCTIONAL FLOW	17 9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 10-11:30 Mixed/Gentle Yoga 10-11 SENATOR MOORE OFFICE HOURS 10-2 Card Playing 10-11 WEAR YOUR HOLIDAY SWEATER PARTY 10:15-11:30 CAREGIVER SUPPT GRP 11:30-12:15 LATINO LUNCH 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1-2 ZERO FARE COALITION 1:30-2:30 ADVANCED TAI CHI 2:45-3:45 BEGINNER TAI CHI	18 8:30-9:30 YOGA with Fern 9-11:30 Card Playing 9-10 WALKING CLUB 9-10 WPL OUTREACH 9-10 REC MOBILE MARKET 10-2 Card Playing 10-11 JOE FISH FITNESS 10-11:15 SUPPORT GRP for MEN OVER 65 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- 12:30-1:45 MEN IN RETIREMENT 1-4 Ping Pong 1-2 BOOK DISCUSSION 2-2:30 LIBBY 3:30-4:15 DANCE FUSION	19 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 Group 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-2 DRUMMING 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media
22 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	23 9-10 OSTEO FITNESS MAINTENANCE 9-10 JOE FISH FITNESS 9:45-10:30 SOMATIC MOVEMENT 10-2 Card Playing 10:30-11:30 Arabic Elder Grp 11-12 HYDROPONIC CLASS 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 3:30-4:15 FUNCTIONAL FLOW	24 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 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun	25 CLOSED TO OBSERVE CHRISTMAS 	26 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 Group 11:15-12:00 SEATED EXERCISE 11:30-12:15 CHINESE LUNCH 12-1 Ballroom Dance 1-2 DRUMMING 1-3 FRIDAY FLICK 1-3:30 Watercolor/Mixed Media
29 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	30 9-10 OSTEO FITNESS MAINTENANCE 9-10 JOE FISH FITNESS 9:45-10:30 SOMATIC MOVEMENT 10-2 Card Playing 10:30-11:30 Arabic Elder Grp 11-12 HYDROPONIC CLASS 12:30-2 Sewing Class 12:30-1:30 CHAIR VOLLEYBALL 3:30-4:15 FUNCTIONAL FLOW	31 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 12-3 Card Player Pick up 12:30-2:30 Crochet & Knit for Fun 1:30-2:30 ADVANCED TAI CHI 2:45-3:45 BEGINNER TAI CHI		

Join yearly to support Friends and receive the monthly newsletter Senior Scoop mailed to your home

FRIENDS OF WORCESTER SENIOR CENTER HOPES YOU'LL JOIN THE FRIENDS!!!

PLEASE PRINT

Name _____ Phone _____

Address _____

City _____ State _____ Zip Code _____ Email _____

() \$20 I want to become a new member

() \$20 I want to renew my membership

() _____ included as 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



Music in Dementia



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101 Chadwick Street · Worcester, MA 01605

Colony III is congregate housing for seniors that's different. We offer nutritious "home cooked meals", served in our attractive dining room. HUD's Section 8 Housing Assistance provides rent subsidy. Rent includes all utilities (except phone and cable). Some of the many amenities offered are:

- Emergency call system in each unit with 24 hour staffing
- A variety of activities
- Internet access in the library
- A greenhouse
- Your small pet is welcome

COLONY^{III}

1 and 2 bedroom availability. Eligibility income limit is \$65,550 for one person, and \$74,900 for two persons. Call for more details.

(508) 755-0444 colonyretirementhomes.org



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WORCESTER SENIOR CENTER NEWS AND ACTIVITIES
VOLUME 15, NO. 12, DECEMBER 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.

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

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DIFFICULTY: ★★☆☆

Answer to Previous Sudoku

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

CROSSWORD PUZZLE

ACROSS

- 1 Cheer
4 Send
8 First Chin. dynasty
12 Or best offer (abbr.)
13 Revelry cry
14 Italic (abbr.)
15 Indo-Chin. language
16 Equal
17 Malay canoe
18 Golden oriole
20 Polynesian cloth
22 Physician (pref.)
25 River through Orleans
28 Hindu sacred writings
31 Indigo dye
33 Harden
34 Here (Fr.)
35 Silly
36 Alas
37 Exclamations of delight
38 Hodgepodge
39 Pronoun contraction
40 Buddhist monk In nirvana
42 Gr. wine container
44 Son of Ruth
46 Scot. island
50 Blue Nile source lake
52 Down with (Fr., 2 words)
55 Edible root
56 Political union
57 Levy
58 Exclamations of delight
59 Medical fluids
60 River into the North Sea
61 Goddess (Lat.)

ANSWER TO PREVIOUS PUZZLE

CAB	CACO	TOLA
CPA	HSIA	TOLEA
AAL	ASAFETIDA	
	DANE	LEDA
ERNST	PRAM	
LUES	LOUT	PLO
MRS	RASSE	LEG
OUS	IDEA	TAUR
	ACER	DANCE
CARE	HART	
GUMARABIC	PEA	
ERIC	BAR	ORB
ODEA	UREA	DAB

DOWN

- 1 Frolic
2 Hillside shelter
3 Time period
4 Eng. dramatist
5 Greeting
6 River rapids
7 Cult
8 Horse (pref.)
9 Neat
10 Honey-eater bird
11 According to (2 words)
19 Tumor (suf.)
21 Unite
23 Irish assembly
24 Indian (Sp.)
26 Spin
27 Jewish month
28 Musical instrument (string)
29 Lover of Narcissus
30 Shame
32 Pagan god
35 Dispelled
39 Noun-forming (suf.)
41 Manila hemp
43 Not in style
45 Carplike fish
47 Way
48 Pain
49 Nat'l Aeronautics and Space Admin. (abbr.)
50 Tablespoon (abbr.)
51 Malt liquor
53 Ten decibels
54 Asbestos

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A18