

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

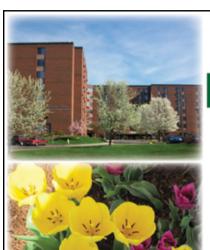


MENUS SUBJECT TO CHANGE

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

Lunch is served at 11:30 am. \$3 suggested donation. Call 508-799-8070 between 9am & 1 pm and 508-852-3205 ext. 290 after 1 pm 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.

#### **INSIDE THIS ISSUE**

- Meal Menu Calendar
- Programs & Events
- 5 Featured Programs & Events
- Health & Wellness Programs
- 7 Virtual Featured Programs
- 8 Services & Support
- 9 Multi-Cultural, Tech & More
- Noticias De NuestroPrograma de la Tercera Edad
- Để biết thêm tin tức bằng tiếng
- 9 Việt, xin đọc trang
- Program Calendar 10
- Friends Trips 11
- 12 **Brain Games**

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

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



## Hear For Your Life

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

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



Matthew Moreno, Au.D. **Doctor of Audiology** 

#### HOLDEN HEARING AID CENTER, INC.

695 Main Street • Holden, MA 01520 Phone: 508-829-5566 • Fax: 508-829-5575 www.HoldenHearingAid.com • DrMoreno@holdenhearingaid.com

#### **WORCESTER SENIOR CENTER**

128 Providence Street, Worcester, MA. 01604

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

WEBSITE: www.worcesterma.gov/senior-center



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

City Manager		Eric Batista
Alex Arriaga	Interim HHS Commissioner	

#### STAFF:

Director	Amy Vogel Waters
Senior Center Operations Director/Editor	Patricia Hainsworth
Fiscal, Contract & Data Assistant	Jenny Linch
Senior Center Program Coordinator	Suki Lapin
Senior Services & Education Manager	Linda Wincek-Moore
Senior Services Assistant	Lan Le
Senior Services Assistant	Wei Shi
Senior Services Assistant	Jose Curet
Senior Services Assistant	Ana Cristina Oliveira
Administrative Assistant	Dawn Skoglund
Principal Clerk	Carmen Webb
Technology Program Assistant	Jim Crochiere
Dept. of Public Facilities	Edivaldo Deoliveira
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.



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



PROVIDING LONG-TERM CARE, SHORT-TERM REHAB, HOSPICE, PRIVATECARE, LIFECARE MANAGEMENT & EISENBERG ASSISTED LIVING

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.

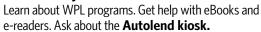
#### **HERBERT E. BERG FLOWER ARRANGING**

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



#### **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 Winter Market Coming Soon



#### **LEARN ZENTANGLE** WITH SHIRLEY

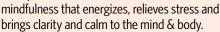
Thurs., Dec. 11 • 12:30-2 pm

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



#### **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.



#### 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

### **WPL LIBBY VISIT**

Thursday, Dec. 18 2-2:30pm



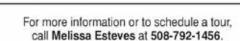


LAST DAY Thursday, Dec. 18th



### CHRISTOPHER HEIGHTS ASSISTED LIVING

Quality Assisted Living for Every Budget



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







CHRISTOPHER HEIGHTS of Worcester

AN ASSISTED LIVING COMMUNITY





#### 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** riease call ESWA for the Main Meal HOLY TRINITY 508-799-8070 and 508-799-1232 for the Nursing & Rehabilitation Center **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.



**Always Best Care** 

#### **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!

#### 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

fallonhealth

fallonhealth

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**



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-WeekSeries • 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

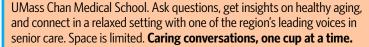
Dance Fit 4U-Mondays & Fridays, 9-9:45am

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







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**

The City of

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!









### 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.

#### Bringing Love into the Lives of Seniors with Dignity and Respect\*























And More!









# **HOLY TRINITY**

Nursing & Rehabilitation Center

Specializing in fullservice, short-term rehabilitation to improve your quality of life, along with all long-term care needs!





#### Short-Term Reahabilitation

- Skilled nursing services
- Physical Therapy
- 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 (Com 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**

DODDY N 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

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

Folks can sign up for any of our events at 50plusjobseekers.org/



#### **TALKING BOOK LIBRARY** LOAN PROGRAM WORCESTER

Borrow your favorite books on audio tapes from the senior center. Call 508-799-1232 for more

TALKING BOOK information on how to get started. LIBRARY

#### **FREE MINDFUL MEDITATION**

Mondays, 12:30-1:30 pm 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/taxesassessments

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



FITHESS

#### 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+ • Miercoles

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:

Thể 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 shiw@Worcesterma.gov (Chinese)

每星期五 中國老年人活動節目 電子郵件: shiw@Worcesterma.gov 508-799-1232 ext. 48014 لقاء المجموعة العربية ستتم الاجتماعات الشهريه كالتالي: اول و ثالث ثلاثاء من كل شهر من الساعة: 00:10-12:00 للاستفسار الرجاء الاتصال:

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.

#### Join Our Team Volunteer in Your Community

We are looking for friendly and serviceoriented 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



AARP Foundation
Tax-Aide

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.

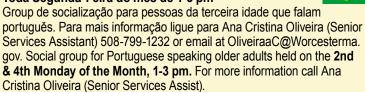
#### **SENIOR SWIM IS BACK AT GIRLS INC.**

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**

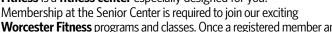
Toda Segunda-Feira do més de 1-3 pm



**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!



**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 Evideu of the month

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.

### **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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	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	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	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 10-11:5 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	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
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	9-10 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	9-11:30 Mah Jongg 9-12 Billiards for Women 9:30-11:30 Latino Club 60 9:30-11:30 Latino Club 60 9:30-11:30 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	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 12:30-12:45 MEN IN RETIREMENT 12:30-12:50 LEARN ZENTANGLE 1-3 LEARN TO PAINT 1-4 Ping Pong 3:30-4:15 DANCE FUSION	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
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 CLINC 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	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 CAFÉ 3:30-4:15 FUNCTIONAL FLOW	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	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 10-11:10E 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	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
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	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 12:30-4:15 FUNCTIONAL FLOW	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	CLOSED TO OBSERVE CHRISTMAS 25	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
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	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	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 ( ) \$20 I want to renew my ( ) included as an a	membership	hudian	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







Colony III is congrerate 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 \$65,550 for one person, and \$74,900 for two persons. Call for more details.

(508) 755-0444 colonyretirementhomes.org



COLONY

# Country Living in the City

### **STAY TUNED**

for our rebuild of Colony Retirement Homes I and II –

Great things to come!

colonyretirementhomes.org

# THE SENIOR SCOOP

taking you in new directions

SeniorCenter

Saling You in New Directions

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

Worcester Senior Center 128 Providence Street Worcester, MA 01604



8 2 9 5 1 4 3 6 7

5

6 3

2

9

1 8 6

3

1|3|6|7

7 8

4

5 2 9 8

9 4 1 3 5 6 8

7 | 5 | 9 | 4 | 2 | 8

4 6 1 9 3

3 2

2

4

2 8

6

4 9

1

9

8 7

5

1 7 4

5

6

3

©2015 Satori Publishing

#### CROSSWORD PUZZI 34 Here (Fr.) 35 Silly 36 Alas 37 Exclamations of ANSWER TO PREVIOUS PUZZLE C A B C A C O T O L A C P A H S I A O L E A A A L A S A F E T I D A E R N S T P R A M L U E S L O U T P L O MR S R A S S E L E G O U S I D F A ACROSS Cheer Send First Chin. delight 38 Hodgepodge dynasty 12 Or best offer (abbr.) 13 Revelry cry 14 Italic (abbr.) 15 Indo-Chin. 39 Pronoun contraction 40 Buddhist monk in nirvana 42 Gr. wine language 16 Equal container 44 Son of Ruth 46 Scot. island Employment DANCE Employment Opportunity Commission (abbr.) 17 Malay canoe 18 Golden oriole 20 Polynesian HART 50 Blue Nile GUMARABIC ERIC BARI ODEA UREA source lake 52 Down with (Fr., 2 words) 55 Edible root DAB 56 Political union 57 Levy 58 Exclamations of cloth 22 Physician (pref.) 25 River through 6 7 8 9 River rapids Cult Horse (pref.) DOWN delight 59 Medical fluids 60 River into the Frolic Hillside shelter Time period Eng. dramatist Greeting Orleans 10 Honey-eater 28 Hindu sacred bird writings 31 Indigo dye 33 Harden North Sea 11 According to (2 words) 19 Tumor (suf.) 61 Goddess (Lat.) 21 Unite 23 Irish assembly 24 Indian (Sp.) 12 26 Spin 27 Jewish month 28 Musical instrument 15 18 (string) 29 Lover of Narcissus 30 Shame

36

55

58

32 Pagan god 35 Dispelled 39 Noun-forming

41 Manila hemp 43 Not in style 45 Carplike fish 47 Way

Aeronautics

and Space Admin. (abbr.) 50 Tablespoon

(abbr.) 51 Malt liquor 53 Ten decibels 54 Asbestos

(suf.)