



Flagtown Flyer

"Senior News With A Variety To Choose"

4 GODDARD DRIVE • AUBURN, MA 01501

PHONE: 508-832-7799 • FAX: 508-832-7730

Hours: Mondays & Fridays 8am - 3pm

Tues., Wed. & Thurs. 8am - 4pm

VOLUME 23 ISSUE 3

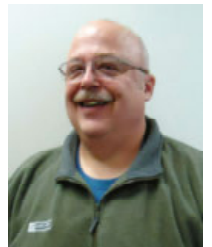
March 2022



How to recognize and avoid COMPUTER BASED SCAMS

By Scott Baeder, Computer tech

Scammers often pretend to represent well-known software companies such as Microsoft or Apple. Or the scammer may display information on your screen that tricks you into calling a fraudulent 'support' hotline. Once they have you on the phone, the goal is to get you to pay, in the form of a one time fee or subscription, to fix a fake problem.



These scammers will often ask for a fee via cryptocurrency or credit card to "fix" the issue. To do this, they will try to get you to install a type of remote access desktop software under the pretext of helping to remove the infestation. They may also install malware on your machine or make other unwanted changes.

It can be difficult to stop them once you let them have remote access. **So, NEVER, EVER, EVER let anyone gain remote access to your computer unless you have met them face to face AND trust them.**

But if you have been scammed,

- ▶ Change the passwords: to your computer, email, financial institutions and to any other password-protected websites that you visit.
- ▶ Run a Full System Scan for viruses on your computer.
- ▶ Contact your bank to report that there has been fraud performed on your account.

Now that we have that out of the way, here are the three main ways they lure you into their trap:

- Fake phone calls
- Pop-up messages
- Misleading search results

Fake phone calls

If someone claiming to be from tech support at a reputable company calls you and says they have found malware on your computer, **just hang up.** Remember, Microsoft will **NEVER** initiate contact via phone or email messages to fix your computer issues. Microsoft also never includes phone numbers on its error and warning messages.

Pop-up warnings

Tech support pop-up warnings occur when you are browsing the Internet. You may be viewing a website that contains "other content" (usually some sort of advertisement). This "pop-up" can be terribly intrusive, making it difficult (or impossible) for you to close the window, or even shut down the computer.

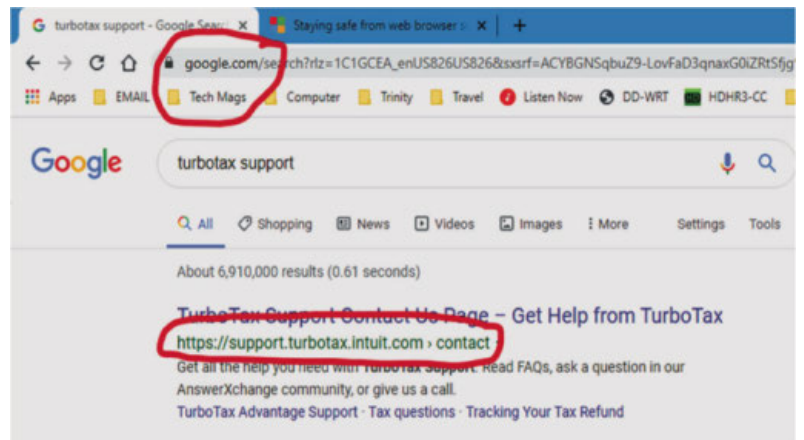
It will display a message stating that the computer is infected with malware and offer a phone number for help with removing the malware. **Do not call them - they are never legitimate!** Most likely the pop-up will have corrupted your browser settings and even though it says not to turn off the computer, your best bet is to turn the pc off (or just unplug it). If you need help to reset things, just come visit us any Wednesday.

Advertising, paid search, confusing search results

The most difficult to avoid are fake search results. It is relatively easy for your search results to be "modified". So, whenever you do any sort of a search on the web it is important to double check that the address giving you the results really is "Google.com" (or you preferred search site) and if the result is really pointing to the company you are trying to contact.

It is way too easy to be misled, and call a scammer! So if you call them, and they ask you about remote access, remember it is always safer.

NEVER, EVER, EVER let anyone gain remote access to your computer unless you have met them face to face AND trust them.





Full Service Subacute and Short Term Rehabilitation Center Offering Physical Therapy, Occupational Therapy, and Speech Therapy.

Our Pre-Admission Planning Program invites you to meet with us prior to your surgical procedure and join us in planning your post-surgical rehabilitation program.

Long Term Care services emphasize a home-like environment where on-going assessment and personalized plan of care help the resident reach the highest level of functioning.

CALL US TODAY **508-832-4800**

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www.heidishearing.com

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Come discover the many comforts of our caring community. When you join our family, you can feel secure knowing that we're here for you every step of the way. Whatever the future holds, our communities are designed to care for your needs, through all the stages of life.

For more information, contact **508-832-2200**.

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Central Massachusetts Agency on Aging, Inc.
Family Services
RSVP Volunteers of Central MA is a program of



Become a **SENIOR VOLUNTEER** (55+)
Make Giving Back Your Second Act

508-791-7787



March 2022

Do you need Transportation?
Please call the WRTA **508-752-9283**



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 10:00 SENIOR SWEAT 10:00 FASCA MEETING 10:30 Coloring for ADULTS 11:00 YOGA (New Time) 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie—<i>Life of the Party</i></p>	<p>1 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>2 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Senator Moore's OFFICE HOUR 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>3 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>4 9:30 BLOOD PRESSURE CLINIC 9:30 Amer. Sign Language Class* 10:00 Strength & Balance 1:00 Whist 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>8 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>8 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>9 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>10 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>11 9:30 Amer. Sign Language Class* 10:00 Strength & Balance 10:00 Red Hats 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>14 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA 1:00 Walking Club—Auburn Mall 12:00 Lunch 12:30 Dessert & NAME THAT TUNE</p>	<p>15 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>16 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Painting Class 1:00 Pitch 6:00 Cribbage</p>	<p>17 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>18 9:30 Amer. Sign Language Class* 10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>21 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA 1:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie—<i>The Last Full Measure</i></p>	<p>22 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Dr. Clermont-PROBIOTICS 1:00 Whist 6:30 Pitch</p>	<p>23 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>24 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>25 9:30 Amer. Sign Language Class* 10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>28 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA 1:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 JIM PERRY Entertainment</p>	<p>29 10:00 Chair Dancing 11:00 Balloon Racquet Volley 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>30 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>31 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>*Amer. Sign Language Classes Fridays 9:30 Call the Senior Center for more information 508-832-7799</p>

Mondays at The MOVIES

If you have
a Movie
suggestion
let us
know!

Movies begin at **12:45 pm** on our **BIG Screen**

Mar. 7—**Life of the Party**

When her husband dumps her, longtime dedicated housewife Deanna turns regret into re-set by going back to college...landing in the same class and school as her daughter. Plunging headlong into the experience, the increasingly outspoken Deanna embraces freedom. 2018 PG 1h 45m



Join us on **Monday Mar. 14th**
12:30pm for DESSERT
and at **12:45pm for**
"NAME THAT TUNE"
Sponsored by **BROOKDALE**
Eddy Pond



Mar. 21—**The Last Full Measure**

The true story of William H. Pitsenbarger, a U.S. Air Force medic who personally saved over sixty men before making the ultimate sacrifice in Vietnam's bloodiest battle. Huffman interviews Army vets to learn more about Pitsenbarger's courageous acts — and uncovers a high-level conspiracy.

2018 PG 1h 45m

All movie information from Netflix.com

He knows how to make people smile.
His warm personality and musical skills make folks
take notice.

Mon., March 28th
12:45pm



Join us for Entertainment & Delicious Desserts

SENIOR CENTER STAFF

Executive Director: Jean Boulette
Outreach Coordinator: Usha Verma
Program Coordinator: Kristen Pappas
Van Drivers: Robert Gaulin, Angelo Lambiras, Jimmy Phillips

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Editor: Robert Breault
Proofreaders: Jean Boulette, Terry Bradley

SHINE

SHINE Counselor: Patrick Morris

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Nutrition Site Manager: Judy Gonroff
Substitute Site Manager: Richard Dumphy

Nutrition Volunteers: Terry Bradley, Dot Gargolinski, Irene Coderre, Denise Boucher, Rich Dumphy, Pat Fauvel, Bev Geddes, Judy Keller, Don Keller, Helen Ingraham, Barbara Powers, Delores Sciamacco, Gloria Whorton, Carol Zukowsky

Meals-On-Wheels Drivers: Susan Black, Bill Butkus, Sue Butkus, Pat Champagne, Diane Dion, George Fournier, Mary Ellen Fournier, Bev Geddes, Geri Hallas, Ginny Jenkins, Tom Jenkins, Judy Keller, Donald Keller, Bruce Kuchnicki, Barbara McManus, Ed McManus, Paul Pellegrino, Evie Pless, Steve Pflug, David Pierce, Marilyn Pierce, Ron Pierce, Peter Rielly, Anne Spellane,

NOTICE

All programs are held at the
Auburn Senior Center,
unless otherwise noted.

Blood Pressure Clinic



Blood Pressure Clinic is offered
the first Friday of each month
9:30-10:30am—No Charge
First come, first served.

This service is provided by our local Auburn Visiting Nurses and includes checking your blood pressure, your pulse and weight.

Senator Michael Moore's Office Hour

Senator Michael Moore's representative will hold office hours at the Auburn Senior Center

Wed. March 2nd from
11:00am — 12:00pm.
Please stop by with your questions or compliments.

F.A.S.C.A.

Friends of the Auburn Senior Center Assoc.

President: Terry Moriarty
Vice-President: Gloria Whorton
Secretary / Membership: Joyce DiPasquale
Treasurer: Pam Martin
Asst. Treasurer: Bev Geddes
Memorial Fund Coordinators: Bev Geddes & Pam Martin
Trip Coordinator: Lynne Guittar
Trip Co-Coordinator: Rich Hedin

Board Members: Richard Dumphy, George Fournier, Maureen Kuchnicki, Delores Sciamacco, Geri Hallas, Linda Moulin, Alison Merriam

ON GOING ACTIVITIES

Canasta



Only \$2

Every Monday
12:45pm

Adult Coloring Club

Join Jessie Harrington
for a relaxing hobby.

Every Monday
10:30am — No Charge



Cribbage



Every Wed.—6:00pm



We meet Every Mon. & Wed. at
11:00am at Auburn Mall

Dominos



Fridays at 12:45pm

FITNESS CLASSES are paid from a grant through Executive Office of Elder Affairs (EOEA).

Participants are urged by EOEA to make a donation towards Fitness Classes.

The donations are used to replace equipment, supplies and expenses for programs offered at the Senior Center.

Strength & Balance

with Lin Hultgren Ace certified fitness instructor
Every Wed. & Fri. 10:00am – \$3.00 class donation
Strengthen & tone your body while improving your mobility.

YOGA Mondays 11:00am

with Ann Ramsey, certified instructor, E-RYT 500 level
Every Monday 11:00am – \$3.00 class donation
Increase flexibility & improve joint health & mental clarity.

CHAIR Dancing

with Forty Arroyo, instructor
Every Tuesday & Thursday 10:00am– \$3.00 class donation
Join us for Fun, Energizing & Social activity.

WEEKLY TECH CLINIC

with Scott Baeder & Paul Holzwarth – No Charge
Every Wednesday 11:00am –12:00pm
If you're having trouble with email or any questions we will work with you to solve the issue or make it work better.

iPAD Club

How do you use your iPad?
Every Thursday at 1:00pm - No Charge
Join us as we investigate the world of iPad apps.

MEDITATION CLASS

with Usha Verma – No Charge
Every Friday at 11:00am
Meditation creates positive effects on our health, well-being, sleep problems, chronic pain, anxiety & depression.

Blood Pressure Clinic

with Auburn Visiting Nurses - No Charge
Every 1st Friday of the month 9:30 -10:30am
Includes checking your blood pressure, pulse & weight.

QUILTING—No Charge

Every Friday at 12:00 noon
No experience necessary, we adapt to whatever skill levels students bring to class. Ideas for projects welcomed.

WHIST



Only \$2

Every Tuesday
1:00pm

Senior Sweat

with Dr. Harvey Clermont
Mondays at 10:00am

This class emphasizes balance, stretching and strengthening. We will deal with posture, coordination and essential muscle groups, such as upper chest, core and buttocks.

Most of the time, we will be in a chair or use a chair for safety. Bring a water bottle.
\$3.00 class donation



Every Thursday
12:45pm



PITCH

Tues. 6:30pm
Wed. 1:00pm
Fri. 6:30pm



SENATOR MOORE'S IRISH DINNER

GRAB AND GO -WALK THROUGH

MARCH 15, 2022
3:30PM
PAKACHOAG CHURCH
203 PAKACHOAG ST.,
AUBURN MA

This event is free to Auburn seniors
To register call 617-722-1485 OR
email michael.moore@masenate.gov
PLEASE LEAVE THE NAME (S) OF THOSE
YOU ARE REGISTERING AND A PHONE
NUMBER



Newly Appointed Program Coordinator

We are excited to announce that Kristen Pappas was hired for the newly created Program/Activities Coordinator position at the Senior Center. Kristen began her new role here on January 24, 2022. Her focus and goals are to develop and offer relevant programs and activity classes for the seniors. She is also continuing working her current position as the Director of Recreation & Culture for the Town of Auburn. Kristen was the best person to fill the combined position due to her wealth of knowledge, qualifications and many years of experience. Over the past fourteen years she has grown the programs for recreation and culture. We look forward to working with Kristen and hope you stop into the senior center to welcome her.



What are these bugs doing in our body?

What's the fuss over gut microbiota? Dr. Clermont will explain if and when you may need probiotics.

Day: Tuesday
Date: Mar. 22nd
Time: 1:00pm

RSVP 508-832-7799
If you plan to attend

Dr. Harvey Clermont will fill you in!



\$10 Fee payable upon sign up

Paint Spring Flowers



Art instructor
JAYNE SARKISIAN

Wednesday
Mar. 16th
1:00-3:00pm

Paint a wood plaque with Spring Flowers

Limit of 15 participants – Register by calling 508-832-7799

\$10.00 fee payable upon sign up, non-refundable

Free Tech Clinic

with Scott Baeder & Paul Holzwarth



If you have problems with "new fangled" technology - it might be a tablet, a laptop or even a smart phone.



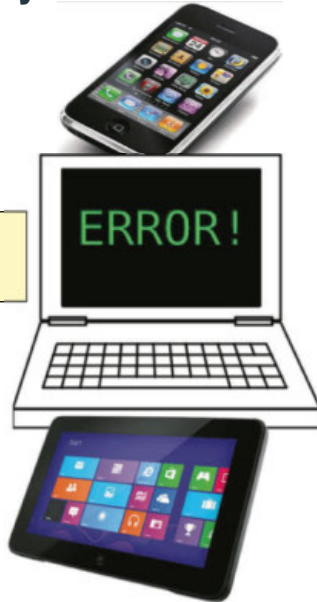
Don't worry - we've got you covered.

We can help you pick out the right Tech for the job, or help you make sense of it all. From simple issues with your phone to concerns over "cyber security; from Charter to Windows to iPads and more.

We're here every **Wednesday morning, from 11:00am – Noon**

Also, feel free to let us know if you could use some extra help, just want to learn how to do something (like save an email picture), or have any other topic you would like to see covered.

"We'll always do our best to help you make technology behave."



FASCA Friends of the Auburn Senior Center

FASCA is a non-profit organization run by its members.

If you are not a FASCA member, we urge you to join and help us support projects at our Senior Center.



FASCA Monthly Drawing
Drawing of one **\$25 Gift Certificate** for a FASCA member each month.

You can only WIN if you are a FASCA member.

FASCA members raise money to assist the Senior Center by providing large and small necessities.

The Senior Center would not be able to do all it does without the generous financial help from FASCA.

Dues are \$5 per year for Annual Membership or \$50 for a Lifetime Membership.

The FASCA Trip Coordinators, Lynne Guittar and Rich Hedin also offer Gift Certificates redeemable towards trips.

Disclaimer: Occasionally the center provides speakers to help inform participants regarding current issues. This type of forum is educational and allows participants to ask questions for themselves. At no time is this to be construed as an endorsement by the Auburn Senior Center.

News from SHINE: March 2022

Do you need help with the cost of prescription medications? Did you hit the "donut hole"?

Prescription Advantage (PA) is a state-sponsored prescription drug program administered by the Commonwealth of Massachusetts Executive Office of Elder Affairs for seniors and people with disabilities. Joining this program can help with your prescription costs.

Prescription Advantage is available to Massachusetts residents who are:

- Age 65 or older, eligible for Medicare, and have a gross annual household income less than \$64,400 for a single person or \$87,100 for a married couple.
- If your annual household income is below \$38,640 for a single person and \$52,260 for a married couple you get PA at **NO COST**.
- 65 years of age or older and not eligible for Medicare, or
- Under age 65, work no more than 40 hours per month, earn no more than the maximum of \$24,214 for a single person or \$32,750 for a married couple.

Individuals with comprehensive MassHealth programs or MassHealth Buy-In programs, also known as Medicare Savings Programs (MSP) are not eligible for PA.

PA members are entitled to a one-time Special Election Period (SEP) each year that allows members to join or switch their Medicare drug plan outside of Medicare's open enrollment period. This will help if you are erroneously enrolled in a plan or you need to change your plan during the year for any reason.

To apply online, go to

www.prescriptionadvantagemma.org

To apply by phone, call 1-800-243-4636, press 3

You can call the senior center at 508-832-7799 and ask to speak with a SHINE counselor.

You can also call the Regional SHINE office at 508-422-9931 for assistance.

SHINE Appointments

SHINE (Serving the Health Information Needs of Elders)



Is a state health insurance assistance program that provides free health insurance information, counseling and assistance to Massachusetts residents with Medicare and their caregivers.

For the **month of March** Patrick Morris will be available to assist by telephone.

Call the Auburn Senior Center for assistance
508-832-7799



Has over 40 years of experience performing in front of audiences of all types. He knows how to make people smile. His warm personality and musical skills make folks take notice.

**Mon., March 28th
12:45pm**

Sponsored by
Webster
First Federal
Credit Union

Join us for Entertainment & Delicious Desserts

Please call 508-832-7799 to reserve your spot.

YOGA

\$3 class donation
Seniors Enjoy the Benefits



Ann Ramsey
Yoga Instructor



**Mondays
11:00 am**

Senior Yoga is practiced with use of a chair and incorporates **BREATHING PRACTICES, FOCUS & MOVEMENT...**

- ▶ **BREATHE**—Improve Mental Clarity & Blood Circulation
- ▶ **STRETCH**—Increase Flexibility & Improve Joint Health
- ▶ **RELAX**—Charge your Energy & Feel Refreshed Again

Senior Yoga is practiced with use of a chair and incorporates breathing practices (*Pranayama*), focus (*Meditation*) and movement (*Asana*). The *Asana* moves all of the joints through a range of motion which will improve strength, flexibility, steadiness and brain neuroplasticity contributing to improved balance through a focused mind working with the body in unison.

Volley Racquet Balloon



**Tuesdays
11:00am**

Volley Racquet Balloon is great for upper body mobility and joint flexibility. It enhances your muscle tone, reflexes, hand-to-eye coordination, and endurance.

This is a great way to socialize, laugh and have some fun.

NO CHARGE!

Win Prizes NAME THAT TUNE FREE Event Prizes

Join us on **Monday Mar. 14th**
12:30pm for DESSERT
and at 12:45pm for
"NAME THAT TUNE"

Day: Monday
 Date: March 14th
 Time: 12:45pm

RSVP 508-832-7799
 If you plan to attend

Brookdale Eddy Pond Campus will be hosting this fun filled **FREE** event at the Auburn Senior Center.

Bring a friend and test your music knowledge, win prizes & have some delicious treats.

Sponsored by  **BROOKDALE**
 Eddy Pond

Chair Dancing Fun & Energizing



Forty Arroyo
 INSTRUCTOR

CHAIR DANCING encourages health and fitness for active people or those whose physical condition, restricted mobility, or age, limits their participation in conventional forms of exercise.

**Tuesdays
 and
 Thursdays
 10:00am**

Class
 \$3 Donation

Chair Dancing is a fun, energizing and social activity suited for all ages — it's dancing with your soul...

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

SENIOR CENTER Word Search

**Find the Word
 in the Puzzle**

Words can go in any direction.
 Words can share letters as they cross over each other.

- | | |
|-------------|------------|
| LEPRECHAUN | LION |
| EASTER | POT |
| RAINBOW | MARCH |
| ST. PATRICK | WATER |
| EGGS | ARIES |
| DAFFODIL | AQUAMARINE |
| GREEN | MOON |
| PISCES | LAMB |
| CLOVER | GOLD |
| SPRING | LUCKY |



Lynne Guittar
Trip Coordinator

Auburn Travelers



Rich Hedin
Co-Trip Coordinator

UPCOMING FASCA TRIPS
Open to Adults 21 and Over

Please send all checks to: FASCA, Auburn Senior Center, 4 Goddard Drive, Auburn, MA 01501



ATLANTIC CITY BOYS

Featuring Music of The Beach Boys, The Drifters, The Bee Gees, and of course Frankie Vallie and the Four Seasons....plus more!

Wednesday April 27th

Castleton Banquet & Conference Center —Windham, NH

Only \$99 pp

Includes:
Plated Luncheon,
Meal Tax, Meal
Gratuity, and
Show Ticket

Mystery Trip

Monday, May 9th

Only \$92 pp

**Yes! It
includes
Dinner & Show**



September 11th Museum & Memorial in NY City and West Point Academy

w/The Hudson River Valley, & Dinner Theatre Show

May 12—13

Your Trip Includes:

Roundtrip Deluxe Motor coach
1 Night Hotel Lodging -Tarrytown, NY
Two (2) Meals (1 Dinner, 1 Breakfast)
Evening Entertainment

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Goddard / Homestead

A Caring Community for Elders

**Independent living
at the
Goddard House**

1199 Main Street, Worcester, MA 01603

Gracious Senior Living in a historic home in Worcester. Three chef prepared meals daily in our restaurant style dining room trips to Mechanic's Hall, Museums, and other locations. 24-hour staff, and emergency call system in each apartment.

We invite you to come see this beautiful and affordable option for community seniors. Please contact Tracey King at 508-868 0967 for more information regarding options and pricing.



Kristine Gaffney

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The Nutrition Program is sponsored by the
Elder Services of Worcester Area, Inc.

March Nutrition Menu

Your donation of \$2.50 per meal helps keep the program running.



REMINDER

If you would like to join us for lunch, please make your reservation 2 DAYS IN ADVANCE. If you cannot keep your reservation, PLEASE CALL TO CANCEL. Thank you – Judy Gonroff, Dining Site Manager 508-832-7799 x6204.

MENU SUBJECT TO CHANGE	1	2	3	4
	Swedish Meatballs Mashed Potatoes Scandinavian Veg. Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread	Ash Wednesday Fish w/Crumb Topping Rice Pilaf Tuscan Style Vegetables Fruited Ambrosia Diet = Pineapple Whole Wheat Bread	Chicken/Cacciatore Sauce Gemmelli Pasta Roasted Broccoli Brownie Diet = Half Piece Italian Bread	Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread
7	Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	9	10	11
	Spaghetti w/Meatballs Marinara Sauce Green Beans Apple Crisp Diet = Applesauce Italian Bread	Jambalaya Steamed Rice Peas Fresh Fruit Marble Rye Bread	Garlic Herbed Chicken Cranberry Herb Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Tapioca Pudding Whole Wheat Bread	Potato Crunch Fish Herbed Potatoes Mixed Vegetables Cinnamon Streusel Cake Diet = 1/2 Piece Cake Pumpnickel Bread Tartar Sauce
14	Ranch Chicken Wild Rice Spinach Mixed Fruit Pumpnickel Bread	16	17	18
	Hot Dog Mixed Vegetables Coleslaw Cinnamon Pears Mustard Hot Dog Bun	Stuffed Pepper Casserole Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread	Corned Beef Boiled Potatoes Cabbage & Carrots Vanilla Mousse Corn Muffin	Braised Beef Gemelli Pasta Broccoli Pears Italian Bread
21	Chicken Pesto Rice Pilaf California Vegetables Yogurt French Bread	23	24	25
	Burger w/ Chili & Cheese Green Beans Sweet Potato Fries Strawberries Sandwich Roll	Roast Pork Loin Gravy Apple Cornbread Stuffing Country Blend Vegetables Apple Crisp Marble Rye Bread	American Chop Suey Broccoli Carrots Birthday Cake Diet = Half Piece	Vegetarian Chili Steamed Rice Green Beans Pineapple Italian Bread
28	Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread	30	31	
	Greek Chicken Steamed White Rice Broccoli Peaches Pumpnickel Bread	Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	Turkey Supreme Herbed Stuffing Roman Blend Vegetables Pear Crisp Diet = Applesauce Italian Bread	

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