



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 4

April 2022



WALK Massachusetts is a community-wide walking challenge running **May 1–October 31, 2022**. It is open to community members aged five and over. *(No fundraising is needed.)* Each participant chooses from one of four predetermined challenges which is based on distance or frequency.

Individuals who complete the challenge receive drawing prize entries for themselves and their Councils on Aging. Individual prizes include:

Gift cards for Visa (\$50), Amazon (\$25), and Dunkin' (\$10).

Councils on Aging prize levels range from \$250-1,000.

Please contact
Usha Verma,
Outreach Coordinator,
508-832-7799 for
more details and how
to register with the
MCOA.



Massachusetts
Councils On Aging

*You can also join the Senior Center's Walking Club on
Mondays and Wednesdays.*

Call Usha for time and location, 508-832-7799.



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.

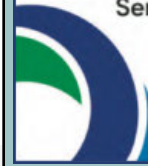
Long Term Care services emphasize a home-like environment where on-going assessment and personalized plan of care help the resident reach the highest level of functioning.

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

14 MASONIC CIRCLE, AUBURN, MA 01501



proud to
SUPPORT
The Lorraine Gleick Nordgren Senior Center



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BROOKDALE

Once you're here, you're home.

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.

Eddy Pond East and West
Assisted Living
Alzheimer's & Dementia Care
667/669 Washington Street
Auburn, MA
(508) 832-2200



brookdale.com

The speech clarity you need. The hearing aid features you want.

New Insignia Charge&Go AX hearing aids with Augmented Focus™ technology offer a custom fit just for your ears plus the freedom of rechargeability. All with the brilliant sound for which Signia is famous. 100% of participants in a recent study reported excellent speech understanding in their home environment.



- Improved Speech in Noise
- iPhone & Android Connectivity
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- Custom Design
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Call Us Today! 508.796.5899
Learn More and Listen for Yourself!



Heidi LeFrancois MA License #697
MS, Clinical Audiologist
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www.heidishearing.com



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www.goldenrule.care

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BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
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- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



Contact us at careers@4ipi.com
www.4ipi.com/careers



April 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA (New Time) 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie— <i>The Way Back</i> 12:45 Canasta</p>	<p>5 10:00 Chair Dancing 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>6 9:30 Knit & Stitch 10:00 Strength & Balance 11:00 Walking Club—Auburn Mall 11:00 Drop in tech 11:00 Sen. Moore's Office Hour 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>7 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>1 9:30 Amer. Sign Language-Class 9:30 BLOOD PRESSURE CLINIC 10:00 Strength & Balance 11:00 Meditation 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>11 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 DAN KIROUAC - Entertainer 12:45 Canasta</p>	<p>12 10:00 Chair Dancing 12:00 Lunch 1:00 POLYPHARMACY-Dr. Clermont 1:00 Whist 6:30 Pitch</p>	<p>13 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>14 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>8 9:30 Amer. Sign Language-Class 10:00 Strength & Balance 10:00 Red Hats 11:00 No Meditation Today 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>18</p> <p>Patriot's Day Senior Center Closed</p>	<p>19 10:00 Chair Dancing 12:00 Lunch 1:00 Whist 1:00 Painting Class—WELCOME Sign 6:30 Pitch</p>	<p>20 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 1:00 SAVVY CAREGIVER—6 Week Program 6:00 Cribbage</p>	<p>21 10:00 Chair Dancing 10:30 The FRAUD SQUAD Players- "SCAMS" 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>22 9:30 Amer. Sign Language-Class 10:00 Strength & Balance 11:00 No Meditation Today 12:00 Lunch 12:30 Free PAINTING Class-Spring 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>
<p>25 10:00 SENIOR SWEAT 10:30 Coloring for ADULTS 11:00 YOGA 11:00 Walking Club—Auburn Mall 12:00 Lunch 12:45 Movie—<i>The Bucket List</i> 12:45 Canasta</p>	<p>26 10:00 Chair Dancing 12:00 Lunch 1:00 Whist 6:30 Pitch</p>	<p>28 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 1:00 SAVVY CAREGIVER—6 Week Program 6:00 Cribbage</p>	<p>28 10:00 Chair Dancing 10:30 HISTORY OF PETS-Sari Bitticks 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>29 9:30 Amer. Sign Language-Class 10:00 Strength & Balance 11:00 Meditation will be held Today 12:00 Lunch 12:00 Quilting 12:45 Dominos 6:30 Pitch</p>

Mondays at The MOVIES

If you have
a Movie
suggestion
let us
know!

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

April 4—**The Way Back**

Jack Cunningham once had a life filled with promise. In high school, he was a basketball phenom with a full ride to college, when suddenly, for reasons unknown, he walked away from the game, forfeiting his future. Now years later, Jack is stuck in a meaningless job and drowning in the alcoholism that cost him his marriage and any hope for a better life.

2020 R 1h 48m



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.



Dan Kirouac

Musician & Entertainer
will be performing at the
Auburn Senior Center

Monday, Apr. 11th
12:45pm

Please Register at
the FRONT DESK

April 25—**The Bucket List**

When corporate mogul Edward Cole and mechanic Carter Chambers wind up in the same hospital room, the two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

2007 PG-13 1h 37m

All movie information from Netflix.com



Senator Michael Moore's Office Hour

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

Wed. April 6 from
11:00am — 12:00pm.

Please stop by with your questions or compliments.

SENIOR CENTER STAFF

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

COUNCIL ON AGING BOARD

Chairman: Gerry Gauthier
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NEWSLETTER

Editor: Robert Breault
Proofreaders: Jean Boulette, Terry Bradley

SHINE

SHINE Counselor: Patrick Morris

ELDER SERVICES of WORCESTER

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,

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



The FRAUD SQUAD PLAYERS

The "Fraud Squad Players" are AmeriCorps Seniors RSVP volunteers that are 55 and over.

These volunteer actors are portraying real-life scams that range from in-person, mailings, e-mails, and phone call scenarios lifted from the headlines. These skits, which are written for local seniors and portrayed by their peer group, help inform and empower, while remaining fun to watch!

Every performance is followed by a Question & Answer session, where local and national "trending" scams are highlighted. Outreach materials ranging from Federal Trade Commission pamphlets to RSVP Senior Fraud Helpline materials.

Day: **Thursday**
Date: **April 21st**
Time: **10:30am**
Where: **Auburn Senior Center**
Please call 508-832-7799 to Register

Polypharmacy

40% of our seniors take 5 or more prescribed meds daily.

Many more use "over the counter" supplements as well.

Learn which & what may actually be necessary & some that are interfering with your prescription drugs.

Day: **Tuesday**
Date: **Apr. 12**
Time: **1:00pm**

RSVP 508-832-7799
If you plan to attend

Dr. Harvey Clermont
will fill you in!



History of PETS

Thurs Apr. 28th 10:30am
Auburn Senior Center



SARI BITTICKS
President
Auburn Historical Society

When did humans first keep Spot and Fluffy in the lap of luxury?

When did we start feeding them Kibble instead of table scraps?

And what about birds, Guinea pigs and hamsters?

Come and learn when pets took over our homes and lives.

Please Register by Calling 508-832-7799

FREE CLASS - Limit 10 Seniors Paint a Spring Scene

Picture Available at
Later Date...

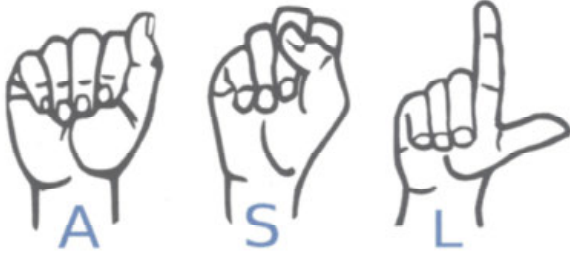
CAREONE
is sponsoring a
FREE
PAINTING CLASS

Day: **Friday**
Date: **April 15th**
Time: **12:30pm**
At the
Auburn Senior Center
Must Sign Up
RSVP 508-832-7799

All materials will be provided
Join us on **Friday, April 15th**
at **12:30pm** to paint a
"Spring Scene"

Event is fun and interesting.
10 seniors—Supplies are Limited

American Sign Language (ALS)



Are you interested in learning ALS and finger spelling?

ASL is a complete, natural language that has the same linguistic properties as spoken languages with grammar that differs from English. ASL is expressed by movements of the hands and face.

It is the primary language of many North Americans who are deaf and hard of hearing, and is used by many hearing people as well. You will learn the alphabet, basic signs and phrases.



The class is taught by Laurie McGarry.

Please join us.
Fridays at 9:30am
No Charge

Are you a FASCA member?

What does FASCA do?

Why is FASCA important to the Senior Center?

FASCA stands for
"FRIENDS of the AUBURN SENIOR CENTER"

It is a non-profit organization run by its members. If you are not a FASCA member, we urge you to join.

FASCA members raise money to help provide necessities for the Senior Center. In the past, FASCA has subsidized dinners and programs, purchased new kitchen appliances, installed rolling windows in the dining room, curtains for the offices and program rooms, pays for the newspaper and water. Some members also run the weekly bingo, card games, memorial fund and numerous trips. The Senior Center would not be able to do all it does without the generous financial assistance from FASCA.

Dues: \$5.00 per year for Annual Membership or \$50.00 for a Lifetime Membership

This will enter your name into the monthly drawing for a chance to win \$25.00. The FASCA trip coordinators, Lynne Guittar and Rich Hedin also offer gift certificates redeemable towards trips. This makes a terrific gift for family or friends who like to travel.

The Savvy Caregiver Program is a six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!

The Savvy Caregiver Program

Brought to you by Elder Services of Worcester Area, Inc.

Wednesdays, April 20—May 25, 2022

1:00—3:00pm

Auburn Senior Center

4 Goddard Drive, Auburn MA 01501

Free
of charge

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.



Become an expert in Caregiving for someone with Alzheimer's or related dementias!

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

For more information or to register please call

Deb Dowd-Foley 508-756-1545 ext. 390

or by email ddfoley@eswa.org



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.



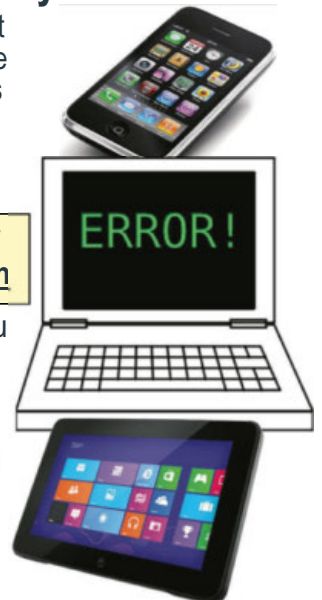
Don't worry - we've got you covered.

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."



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.

If you have a health insurance question during the month of April please call the Auburn Senior Center.

Shine appointments will be held April 19th from 9 to 12.

Please call **508-832-7799** to schedule an appointment.

\$10 Fee payable upon sign up

Welcome Sign



Art instructor

JAYNE SARKISIAN

Tuesday
April 19th
1:00pm

Paint a **WELCOME** wood plaque

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

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

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...

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.

COLORING for ADULTS



Looking for a fun & relaxing hobby?

Please join me, *Jessie Harrington*, every Monday at 10:30am to expand your inner hidden creativity!

Adult Coloring Club at the Senior Center.



No supplies are needed, coloring pages, colored pencils and markers will be provided.

Mondays
 Time: 10:30am
 Cost: No Charge
 Drop ins Welcomed
 Auburn Senior Center



Dan Kirouac

Musician & Entertainer
 will be performing at the Auburn Senior Center

Monday, Apr. 11th 12:45pm

Join us as **Dan Kirouac**, with his 35 years of experience, plays a juke-box of memories from the stars of pop, jazz, big band and easy listening...

Some of the nation's best loved songs of the 1950's - 1970's will be revisited and reinterpreted by the simplicity of one acoustic guitar & one vocal.

This program is supported in part by a grant from the Auburn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Please Register by calling 508-832-7799

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

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.

- TAURUS
- EARTH
- DIAMOND
- BUNNIES
- DAISY
- FLOWERS
- EASTER
- APRIL
- DAYLIGHT
- UMBRELLA
- BIRDS
- BLOOM
- BOUQUET
- SUNSHINE
- NATURE
- SPRING
- BREEZE
- RAIN
- ARIES
- WARMER



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

Auburn Travelers—F.A.S.C.A.



Day Trips for 2022

All Trips are Open to Adults 21 and Over

April 27th, Wed...	Atlantic City Boys, Dinner and Show.....	\$99.00
May 9th, Mon...	Mystery Trip, Dinner plus!!!.....	\$92.00
May 25th, Wed...	Chicago Tribute, Dinner and Show.....	\$98.00
June 22nd, Wed...	Patsy Cline, Dinner and Show.....	\$99.00
June 19th, Sun...	Narragansett Lighthouse Cruise.....	\$112.00
July 17th, Sun...	Bull and Claw Lobster Bake.....	\$102.00
August 21st, Sun...	Essex Valley Steam Train and Conn. Riverboat.....	\$112.00
September 20th, Tues...	Shades of Bubble, Dinner and Show.....	\$98.00
October 26th, Wed...	British Invasion Years.....	\$99.00
November 15th, Tues...	Historic Salem Cross Inn, Luncheon show.....	\$77.00

All PAID in FULL at time of reservation...Also everyone MUST show proof of vaccination and MASKS must be worn on the Busses....Due to Covid Protocol, per Bus company's safety for all...

*For More Information Contact **Lynne Guittar** or **Rich Hedin** at 774-364-7822 or 508-832-7799 at the Auburn Senior Center

Email: Auburntravelersfasca@gmail.com
Please Make All Checks Payable to FASCA

**Dates/rates subject to change...*



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at the
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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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Lynne A Mussulli, Licensed Insurance Agent

This is an advertisement. Not all agents are licensed to sell all products. Service and product availability varies by state. HMAIA01535



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For Family & Community

Exceptional Care – For Families and Community.

Contact us to learn more about the mission-driven, not-for-profit difference at Notre Dame Health Care.

555-559 Plantation Street, Worcester, MA 01605 • 508-852-5800

**Thrive
Locally**

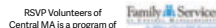
A Project of RSVP Volunteers of Central MA

Senior Fraud Helpline

1-800-297-9760

Recognize • Resist • Report

Sponsored by



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



508-791-7787

**GROW YOUR BUSINESS
BY PLACING AN AD HERE!**

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Susanne Carpenter
to place an ad today!
scarpenter@4LPi.com or
(800) 477-4574 x6348

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& Hospice, Inc.
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Palliative Care
Private Duty Services

Webster
534 School Street, Webster, MA 01570

508-943-0612 carecentralvnahospice.org
Formerly VNA of Southern Worcester County, Inc.



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

April 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENUS ARE SUBJECT TO CHANGE</u>				
<u>YOUR \$2.50 DONATION IS APPRECIATED!</u>				
<i>Our caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating menu changes due to vendor shortages and product availability throughout the year.</i>				
4 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	5 Shepherd's Pie Carrots Peas Brownie Diet = Half Piece Italian Bread	6 Chicken Milano Couscous Spinach Peaches Pumpernickel Bread	7 Salisbury Steak with Gravy Garlic Mashed Potatoes Jardiniere Vegetables Fresh Fruit Sandwich Roll	1 Fish w/Crumb Topping Lemon Seasoned Rice Peas & Carrots Peach Streusel Cake Diet = Half Piece Whole Wheat Bread
11 Chicken Picatta Wild Rice Roasted Broccoli Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	12 Hot Dog on Bun Baked Beans Coleslaw Fresh Fruit Mustard	13 Marinated Pork Loin Herb Stuffing Roasted Brussels Sprouts Baked Apples Marble Rye Bread	14 Baked Ham Sr Crm/Chive Mash Pot. Glazed Carrots Cream Puff French Bread	8 Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Chocolate Pudding & Diet Marble Rye Bread Tartar Sauce
18 Holiday <u>No Meals Served</u>	19 Roast Pork w/Gravy Cranberry Stuffing California Vegetables Apple Crisp Diet=Applesauce Marble Rye Bread	20 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	21 Beef with Onions & Peppers Yukon Gold Potatoes Mixed Vegetables Cake / Diet = Half Piece Sandwich Roll	15 Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Italian Bread
25 Beef Stew Steamed Rice Corn Niblets Mandarin Oranges French Bread	26 Buttermilk Chicken Garlic Mashed Potatoes Peas Peaches Whole Wheat Bread	27 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread	28 Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Vegetables Fresh Fruit Whole Wheat Bread	22 Vegetable Cheese Bake Seasoned Potatoes Italian Blend Veg. Fresh Fruit Whole Wheat Bread
28 Beef Stew Steamed Rice Corn Niblets Mandarin Oranges French Bread	29 Fish w/Parmesan Crm Sc. Rice Pilaf Roasted California Veg. Italian Bread Gingerbread Diet = Half Piece			

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