



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 5

June 2022

Nutrition FOR SENIORS

More than just a hot meal...

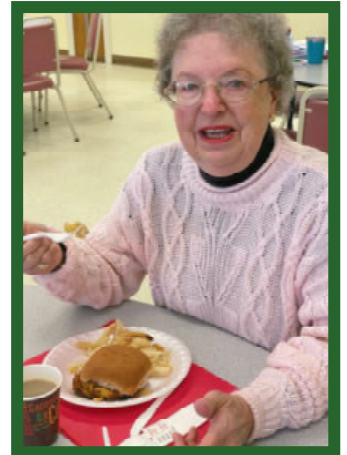
Established under "The Older Americans Act", the Nutrition program, Meals On Wheels, provides a link in maintaining nutrition to seniors and helping them to stay at home.

Congregate (group) lunches offered here at the Senior Center give a large, usually hot, noon meal and socialization, plus community programs, to our many members.

MOW's are delivered from the Senior Center to many homes in Auburn by a wonderfully committed group of drivers, five mornings per week, between the hours of 10 to 12.

The meals are delivered to our Center by a local catering company early in the morning. Meals are kept in our steam table at the appropriate temperatures until each plate is sealed and packed by our kitchen volunteers (13 alternating people). Meals are then ready to be picked up by our MOW's drivers. *(pictured below)*. The kitchen workers then get ready to serve lunch to our congregate members.

Join us for Lunch by calling 2 days in advance at 508-832-7799.



Delivering meals for the Homebound



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.

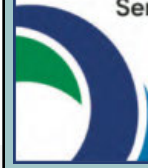
Long Term Care services emphasize a home-like environment where on-going assessment and personalized plan of care help the resident reach the highest level of functioning.

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

14 MASONIC CIRCLE, AUBURN, MA 01501



proud to
SUPPORT
The Lorraine Gleick Nordgren Senior Center



RELIANT
MEDICAL GROUP
Part of OptumCare®

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
- Better Than Normal Hearing

- Custom Design
- Contactless Charging
- Budget Friendly Options

Call Us Today! 508.796.5899
Learn More and Listen for Yourself!



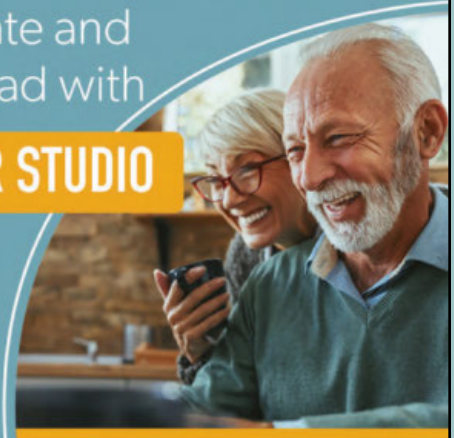
Heidi LeFrancois
MS, Clinical Audiologist
1464 Grafton Road, Millbury, MA
www.heidishearing.com

MA License #697

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicommunities.com/adcreator



Experience "The Golden Rule"
Stay in your own home!

Personal Care • Meal Preparation
Caregiver Respite • Light Housekeeping
Errands and Transportation

Call for a FREE Consultation!
508-769-6621
www.goldenrule.care



Senior Spark Program

- Guided Cannabis and CBD Solutions
- Special member benefits
- Hosted shopping days
- Medical Card guidance



Medical Delivery

- Get it right to your door
- Valid MA Medical Card required



Contact us!
(508) 476-6290

1191 Millbury St,
Worcester, MA 01607



June 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>6 10:00 SENIOR SWEAT 10:00 Walking Club—Lemansky Track 10:30 Coloring for ADULTS 11:00 YOGA 12:00 Lunch 12:45 Movie—12 Mighty Orphans 12:45 Canasta</p>	<p>7 10:00 Chair Dancing 12:00 Lunch 1:00 Let's Move Together class</p>	<p>1 9:30 Knit & Stitch 10:00 Strength & Balance 10:00 Walking Club—Lemansky Track 11:00 Sen. Moore's Office Hour 11:00 Drop in tech 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>2 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>3 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>6 10:00 SENIOR SWEAT 10:00 Walking Club—Lemansky Track 10:30 Coloring for ADULTS 11:00 YOGA 12:00 Lunch 12:45 Movie—12 Mighty Orphans 12:45 Canasta</p>	<p>7 10:00 Chair Dancing 12:00 Lunch 1:00 Let's Move Together class</p>	<p>8 9:30 Knit & Stitch 10:00 Strength & Balance 10:00 Walking Club—Lemansky Track 11:00 Drop in tech 11:00 Prevent Falls class 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>9 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>10 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>13 10:00 SENIOR SWEAT 10:00 Walking Club—Lemansky Track 10:30 Coloring for ADULTS 11:00 YOGA 12:00 Lunch 12:45 Honky Tonk Piano entertainment 12:45 Canasta</p>	<p>14 10:00 Chair Dancing 12:00 Lunch 1:00 Flower Porch Pot presented by Bemis Farms 1:00 Let's Move Together class</p>	<p>15 9:30 Knit & Stitch 10:00 Strength & Balance 10:00 Walking Club—Lemansky Track 11:00 Drop in tech 11:00 Prevent Falls class 12:00 Lunch 1:00 WELLNESS—Dr. Clermont 1:00 Pitch 6:00 Cribbage</p>	<p>16 10:00 Chair Dancing 10:30 HISTORY of TOYS-Sari Bitticks 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>17 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>19 June 19 Juneteenth Senior Center Closed</p>	<p>21 10:00 Chair Dancing 12:00 Lunch 1:00 Paint Flower Pot Person class 1:00 Let's Move Together class 1:30-3:30 Attn. Scott Wrenn by appointment</p>	<p>22 9:30 Knit & Stitch 10:00 Strength & Balance 10:00 Walking Club—Lemansky Track 11:00 Drop in tech 11:00 Prevent Falls class 12:00 Lunch 1:00 Pitch 6:00 Cribbage</p>	<p>23 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	<p>24 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>27 10:00 SENIOR SWEAT 10:00 Walking Club—Lemansky Track 10:30 Coloring for ADULTS 11:00 YOGA 12:00 Lunch 12:45 Canasta 1:00 Robert Black Tribute artist as ELVIS—entertainment</p>	<p>28 10:00 Chair Dancing 12:00 Lunch 1:00 Let's Move Together class 1:00 911-Awareness—presentation</p>	<p>29 9:30 Knit & Stitch 10:00 Strength & Balance 10:00 Walking Club—Lemansky Track 11:00 Drop in tech 11:00 Prevent Falls class 12:00 Lunch 1:00 CBD & Medical Cannabis-Talk 1:00 Pitch 6:00 Cribbage</p>	<p>30 10:00 Chair Dancing 12:00 Lunch 12:45 Bingo 1:00 I-Pad</p>	

Mondays at The MOVIES

If you have
a Movie
suggestion
let us
know!

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

June 6—12 **Mighty Orphans**



Witness the true story of the Mighty Mites, the football team of a Fort Worth orphanage who, during the Great Depression, went from playing without shoes—or even a football—to playing for the Texas state championships.

The architect of their success was Rusty Russell, a legendary high school coach who shocked his colleagues by giving up a privileged position so he could teach and coach at an orphanage.

2021 **PG-13** 1h 58m

Legal Clinic

By appointment only

Tuesday, June 21
1:30pm – 3:30pm

Attorney Wrenn will provide a private 30 minute **FREE** legal consultation through the Senior Center.

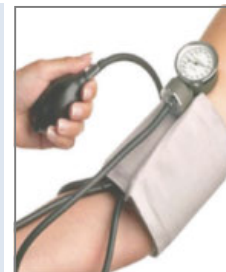
You must register in advance for the time slot.

Please call the senior center at 508-832-7799 to sign up.



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.

SHINE

If you have a health insurance question or need an appointment, contact the Senior Center at
508-832-7799

Senator Michael Moore's Office Hour

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

Wed. June 1st from
11:00am — 12:00pm

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
Vice-Chairman: Sharon Lindsey
Secretary: Carol Zukowsky
Board Members: Catherine Stone, Joan Brigham, David Galatzer-Levy

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
10:00am at Lemansky Track
400 Oxford St. North

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.



Lets Move Together

with Angie Lavache Certified trainer/fitness instructor

Every Tues. 1:00pm – 1:45pm \$3.00 class donation
Strength & Cardio activities to improve your health & fitness.

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.

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

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

Summer in the Park Concert Series 2022

Riley-Pappas Performance Pavilion at the Dr. Arthur
and Dr. Martha Pappas Recreation Complex
Thursdays from 6pm to 8pm, Rain Date the following
Tuesday from 6pm to 8pm

Farmers Market starting June 9th from 4pm to 7pm

June 9 – XS Band (Motown to Top 40)

June 16 – Stone County
(Country, Southern & Classic Rock)

June 23 – Throw Back to the 60's (60's Rock)

June 30 (Independence Day) – Outriggers
(Classic Rock) (Rain Date Friday, July 1st)

July 7 – Aquanett Band (80's Rock)

July 14 – Ash & Eric (Folk)

July 21 – He Said, She Said (Classic Rock)

July 28 – Red Light (Dance, Funk Rock)

August 4 – 4EverFab (Beatles Tribute)
(Rain Date Monday, Aug 8th)

August 11 – Dock 10 (Classic Rock)

August 18 – Below Deck (Yacht Rock)

August 25 – Boom Box (70's, 80's, and 90's)

September 1 – Viva Las Elvis (Elvis Tribute)



Save the date

Lorraine Glazick Nordgren
Senior Center
50th Anniversary Celebration
(1972-2022)

Thursday, September 22, 2022
Open House: 3:00pm – 7:00pm
Light Appetizers & Dessert
Speakers

Drawings for gift baskets

We are looking for memorabilia
(pictures, newsletter, anything from
the last 50 years)

Please let us know if you have an item
to share for the event

12 Person Limit

Join US!



Strengthening to Prevent
Falls Class (No CHARGE)



Join the trained physical
therapists of Remedy
Physical Therapy for
a class focused on
strengthening
exercises of the
upper & lower
body and core to
prevent falls.

Classes are held at the Auburn Senior Center

(You must pre-register as
classes run in a series)

Call 508-832-7799

Weds. June 8, 15, 22, 29
11am—12 noon

Make your own fresh...

Flower Porch Pot

for the Summer

Presented by
TINA from
Bemis Farms Nursery,
Spencer MA

Cost is \$25.00 payable
upon sign up:
508-832-7799

Day: Tuesday
Date: June 14th
Time: 1:00pm
Class at the Senior Center
RSVP 508-832-7799
if you plan to attend



Pre-registration is required
8 people necessary for
the class to run

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 member.

The winner for the month of MAY was **Mary Sliwonski**

Memorial Gifts

Friends of the Auburn Senior Center (FASCA) a 501 (c)(3) nonprofit can accept monetary gifts of any denomination in the name of a loved one who has passed away. If interested, please make the check out to FASCA. Upon request, a written acknowledgement will be sent to the family or friend of the person being honored and remembered.

Thank you.



"Lets Move Together" is Exercise Fitness...
All movements have modifications which makes this class inclusive to all fitness levels.

NEW Class Let's Move Together



Angie Lavache

Skilled certified personal trainer/fitness instructor with 11 years experience. She is highly motivated and enjoys inspiring others in health and fitness.

Come Move with Angie to upbeat music and get a healthy mix of strength and cardio activities to improve your overall health and fitness.

Tuesdays
1:00pm-1:45pm
\$3.00
Donation

NO EXPERIENCE NECESSARY....
just a willingness to have fun.
10 minute warm-up
25 minute Strength & Cardio mix
10 minute cool down
regular sneakers –
please no slip-ons!



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. We are here to help you.

Wednesday mornings, from 11:00am – 12:00

\$10 Fee payable upon sign up

Paint a Flower Pot Person

Make one of the samples shown below



Art instructor
JAYNE SARKISIAN

Tuesday
June 21st
1:00-3:00pm

**Plants not included*



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

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

History of TOYS



SARI BITTICKS
President
Auburn Historical Society

Thurs. June 16th 10:30am
Auburn Senior Center

From painted stones in Ancient Egypt, to the latest high tech robots, come learn how toys were created over the centuries.

Find out how an instrument of sudden death was turned into one of the most popular toys in history (honest!).

The talk includes a display of real, vintage toys – most of which you can actually play with!

This talk ends with my very favorite story of all time, you won't want to miss it.

Please Register by Calling 508-832-7799

EXPLORING a HEALTHY, HAPPY LIFE with

CBD & Medical Cannabis

Are curious and have questions about cannabis?

Either medical marijuana or adult use products, as they relate to pain, anxiety, sleep and focus, or a possible replacement to prescription drug treatments.



Join us for a talk by two area experts followed by a Q&A to answer all your questions. The presentation will be hosted by cancer survivor Peter DeCaro, CEO of Resinate Inc., a premium cannabis medical and adult use dispensary in Worcester and Northampton, along with local healthcare professional Kathleen McKinnon, President of Alternative Wellness Centers.

Day: **Wednesday**

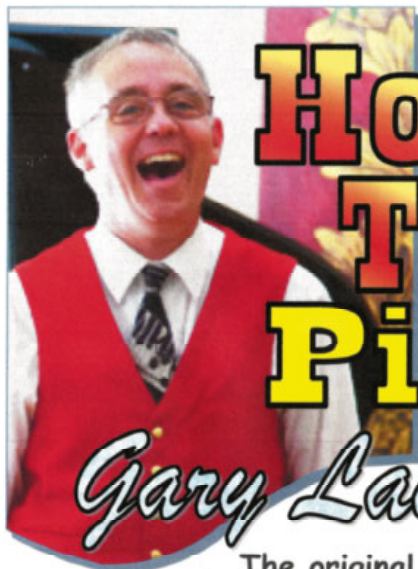
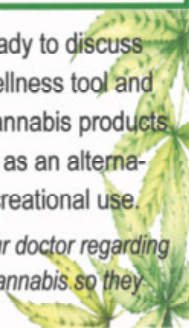
Date: **June 29th**

Time: **1:00pm**

**Please call
508-832-7799
to Register**

These experts are ready to discuss cannabis use as a wellness tool and review the array of cannabis products available at Resinate as an alternative therapy or for recreational use.

(As always, consult your doctor regarding your intended use of Cannabis so they may advise you.)



Honky Tonk Piano

Gary Landgren

The original Honky Tonk Piano Man, Gary Landgren, is coming Back by Popular demand to the Auburn Senior Center on **Monday, June 13th at 12:45pm** for an hour's worth of hand-clapping, toe-tapping entertainment.

Gary been playing his brand of Honky Tonk Piano since he was 15 years old.



9-1-1

Awareness

Join Auburn Emergency Communications Director, **Penny Ryan** while she talks about 9-1-1 emergencies and what you can do when calling 9-1-1.



- ▶ Learn what your 9-1-1 Public Safety Dispatchers are looking for when you call.
- ▶ Why do they ask so many questions?
- ▶ What to do if you can't talk and need to call 911.
- ▶ What to do in an emergency that will help your emergency responders.
- ▶ Help us, help you.

**Tuesday
June 28th
1:00pm**

**RSVP 508-832-7799
if you plan to attend**

Wellness



Is "Health", "Wellness"?

What is the difference?

Let Dr. Clermont explain why wellness may be better.

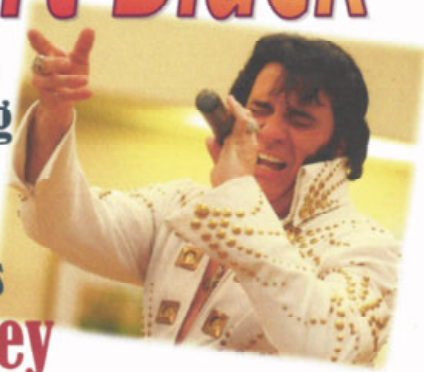
Day: **Wednesday**
Date: **June 15th**
Time: **1:00pm**

**RSVP 508-832-7799
if you plan to attend**



Robert Black

**Award Winning
Tribute Artist
will be
Performing as
Elvis Presley**



Refreshments will be served

**Date: Monday,
June 27th**

Time: 1:00pm

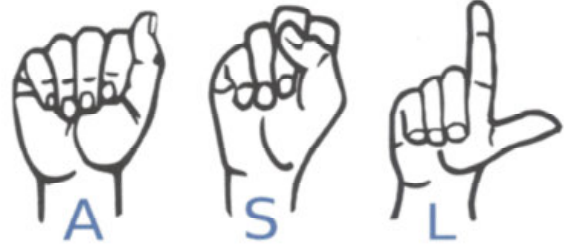
**Auburn Senior Center
4 Goddard Dr.**

RSVP 508-832-7799
If you plan to attend

Robert's crowd pleasing style, and spot-on mannerisms mixed with his unique blend of vocal talent, charisma, and elaborate costuming make him a favorite of fans worldwide.

*Sponsored by
Webster First Federal
Credit Union*

American Sign Language (ASL)



Are you interested in learning ASL 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**

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

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.

- | | |
|--------------|-------------|
| GOLF | CELEBRATE |
| SUMMER | GRADUATION |
| STRAWBERRIES | FUN |
| GARDEN | HOT |
| ROSE | VACATION |
| FLAG | FATHERS DAY |
| HEAT | BREEZE |
| WEDDING | SUNGLASSES |
| PICNIC | BEACH |
| JUNE | OCEAN |



Lynne Guittar
Trip Coordinator

Auburn Travelers

UPCOMING FASCA TRIPS
Open to Adults 21 and Over



Rich Hedin
Co-Trip Coordinator

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



**Sunday,
July 17**

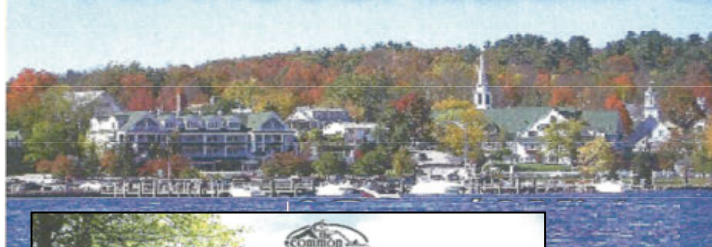
Maine's Famous "Bull and Claw" Lobster Bake



Arriving in Maine, you'll travel the coast past scenic towns arriving in Wells. Be ready for a Lobster Feast at the Bull and Claw Restaurant beginning with a Cup of Clam Chowder, sautéed Mussels, fresh Maine Clams, tossed green salad, baked bread and rolls, and an entrée choice of Maine Lobster, Prime Rib or Cranberry Stuffed Chicken Breast. Hot Blueberry Crisp dessert with ice cream. Then a visit to Ogunquit and visit their quaint shops. And then check out Pigs Fly Bakery in Kittery.

**\$102.00
per
person**

All About Mount Washington Getaway



Oct. 25th — Oct. 27th 3 Days / 2 nights

Journey to the White Mountains of New Hampshire. Enjoy scenic Lake Winnepesaukee on the Mount Washington Lake Cruise. Then experience Mount Washington itself up close when we travel up on the COG Railway to the top of the mountain.

OUR LODGING: The Common Man Inn & Spa in Plymouth, NH. Amenities including Spa, Pool & Jacuzzi.

Price: \$659pp Double and \$779 Single Occupancy

Penn Dutch Country, Gettysburg &

the **NEW**
Hit Show

DAVID
LIVE ON STAGE



Date: August 16th—18th, 2022

3 Days / 2 Nights—Tues.—thurs.

Experience one of the most legendary Bible stories as it comes to life with spectacular special effects, massive sets, and live animals in this brand-new original stage production from Sight & Sound Theatres.

\$589pp Double, \$709 Single Occupancy

Also, **CHICAGO The Musical** at Dinner theatre.
Narrated Battlefield Riding Tour
Visit the Gettysburg Battle Museum





Goddard / Homestead

A Caring Community for Seniors

At **Goddard House**, you'll live the independent retirement life you love, with supportive services available to provide just the help you need, when you need it.

Some of our services include:

- Three delicious restaurant-style meals per day
- Regular housekeeping and maintenance
- Scheduled transportation
- Utilities for your home are included in the monthly rent
- Activities at Goddard House are fun and fulfilling!

It's as easy as calling Tracey King at **508-868-0967** and coming in for a tour to learn more about **Independent Living at Goddard House!**

Goddard House
1199 Main Street • Worcester, MA 01603
goddardhomestead.org



notredame
healthcare.org



Notre Dame Health Care
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

GROW YOUR BUSINESS
BY PLACING AN AD HERE!

CONTACT US!

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

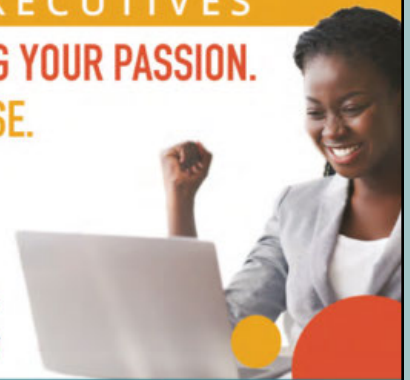


WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

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



Contact us at **careers@4lpi.com**
www.4lpi.com/careers

Thrive
Locally

A Project of RSVP Volunteers of Central MA

Senior Fraud Helpline
1-800-297-9760
 Recognize • Resist • Report

Sponsored by
 Central Massachusetts Agency on Aging, Inc.

RSVP Volunteers of Central MA is a program of
 Family Services
 An Affiliate of Seven Hills Foundation



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

508-791-7787



WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.

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



Care Central VNA & Hospice, Inc.
Healthcare in Your Neighborhood

**Skilled Homecare
 Hospice
 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.
June 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,

Monday	Tuesday	Wednesday	Thursday	Friday
<p>MENU SUBJECT TO CHANGE</p> <p>Our caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating possible menu changes due to vendor shortages and product availability throughout the year.</p>	<p>1</p> <p>Roast Pork w/ Gravy Apple Cornbread Stuffing Roasted California Blend Baked Cinnamon Pears Marble Rye Bread</p>	<p>2</p> <p>American Chop Suey Broccoli & Red Peppers Summer Corn Lorna Doone Cookies French Bread</p>	<p>3</p> <p>Chicken Piccata Lemon Seasoned Rice Mixed Vegetable Fruited Ambrosia Diet = Pineapple Pumpernickel Bread</p>	
<p>6</p> <p>Shepherd's Pie Carrots Peas Butterscotch Pudding Diet = SF Chocolate Pudding Marble Rye Bread</p>	<p>7</p> <p>Greek Chicken Casserole Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread</p>	<p>8</p> <p>Meatloaf w/ Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread</p>	<p>9</p> <p>Turkey Supreme Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread</p>	<p>10</p> <p>Vegetable Cheese Bake Seasoned Potatoes Green Beans Chocolate Mousse Italian Bread</p>
<p>13</p> <p>Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread</p>	<p>14</p> <p>Chicken Milano Casserole Gemelli Pasta Spinach Peaches Pumpernickel Bread</p>	<p>15</p> <p>Hot Dog Baked Beans Colelaw Fresh Fruit Hot Dog Bun Mustard</p>	<p>16</p> <p>Father's Day Meal BBQ Chicken Patty Steak Cut Fries Green Beans Cream Puff Sandwich Roll</p>	<p>17</p> <p>Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tapioca Diet = SF Vanilla Marble Rye Bread Tartar Sauce</p>
<p>20</p> <p>June 17th No Meal Served</p>	<p>21</p> <p>Marinated Pork Loin Mashed Potatoes Carrots Fresh Fruit Whole Wheat Bread</p>	<p>22</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple</p>	<p>23</p> <p>Salisbury Steak Garlic Mashed Potatoes Peas & Carrots Birthday Cake Diet = Small Piece Sandwich Roll</p>	<p>24</p> <p>Ham Salad Tomato & Cuke Salad Potato Salad Melon Pita Bread</p>
<p>27</p> <p>Meatballs w/ Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Peasant White Bread</p>	<p>28</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Oreos Italian Bread</p>	<p>29</p> <p>Roast Pork with Gravy Cranberry Stuffing Brussels Sprouts Apple Crisp Diet = Applesauce Marble Rye Bread</p>	<p>30</p> <p>Beef w/ Onions & Peppers Steak Cut Fries Honey Glazed Carrots Fresh Fruit Sandwich Roll</p>	<p>**27 Congregate only</p> <p>Chicken Salad Pasta Salad Cream puff Bread/Roll Subject to change</p>

SUPPORT OUR ADVERTISERS!

