

# Monthly News

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We would like to welcome each of our new participants! We look forward to serving your needs.

We continue to expand and grow in large part due to our existing participants and their caregivers. Thank you so much for your referrals. We hope that you will continue to spread the word about our program.

**If the PACE Center is closed and you need urgent medical advice and/or assistance**, call the Center's main number (listed below) to reach our answering service, which will page our on-call medical staff. Please do not call this number for an emergency. For emergencies, **please call 911**.

## **Important information**

If you have any cold or flu symptoms, please do not visit the PACE center. You should remain at home for the day and call us after 8 a.m. so that your care team can assess your symptoms and provide direction to you on what is needed.

If you need to stay home for a non-medical reason on a day that you are scheduled to come into the Center, please call the transportation service at the number below to cancel your ride. Please also call the Center after 8 a.m. to let us know you won't be coming in.

Please remember to wear your transportation name badge when being transported to the site. This is for your safety.

Please do not bring food items from home into the Center. Many of our participants are on special diets, or have allergies, and the sharing of food may pose a hazard to their well-being. However, if you are planning on bringing in a birthday cake, please let us know the day before. All birthday cakes must be store-bought (sorry, we cannot accept homemade cakes).

## **Transportation note:**

Pick up and drop off times may vary due to various unavoidable circumstances. These circumstances include weather, road conditions, and delays with previous pick up and drop offs on the same day. Please note that the afternoon transport does not leave the center until each participant is helped onto the van individually to ensure safety

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## **Summit ElderCare**

55 Cinema Blvd., Leominster, MA 01453

**1-978-401-3100 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday**

Supervisor, Recreational Activities: Cynthia Sidloski: 1-978-401-3100

Inclement weather line (toll-free): 1-855-508-3722

Transportation service: Need A Lift Medivan: 1-978-534-0041, then press 0

# Caregiver Corner

Caregivers and family members are welcome and highly encouraged to attend any and all of our support groups. Below are the groups scheduled for this month. Each group offers education, support and the opportunity to meet other caregivers and family members. Refreshments are offered at each group as well.

**We have an online resource for you!** Check out Fallon Health's Caregiver Connection blog. You can find it at [fallonhealth.org/caregiver-blog](http://fallonhealth.org/caregiver-blog).

Topic	Date/Time	Location	Contact	Sponsoring site
	3:00 – 4:30 pm	108 Thompson Road, Webster, MA	Bessie Bechthold 774-317-6700	Webster
	3:30 - 4:30 pm	288 Grove Street Worcester, MA	Martha Douty 508-852-2026	Grove Street
	2:00 – 3:00 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
	2:00-3:00 pm	101 Wason Ave Springfield, MA	Liz Ciak 413-272-6192	Springfield
	2:00-3:00 pm	1081 Varnum Ave. Lowell, MA	Maura Ammon (978) 427-6823	Lowell

Tip of the month:

# Activities calendar

April 1<sup>st</sup> – 5<sup>th</sup>, 2024

Room: Chapman

	Activities	Extras
<b>Monday 1</b> <b>Lunch:</b> Stuffed cabbage Tomato sauce White rice Mixed veg      Sherbet	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 Social group 2:00 x 3:00 Scottish Folktales & Short Stories	<b>April Fool's Day</b> <b>1:00 Chit Chat</b> <b>Group with Denise</b> <b>Scottish-American</b> <b>Heritage month</b>
<b>Tuesday 2</b> <b>Lunch:</b> Chicken fajita Onion, peppers Rice & beans Mild sauce Strawberry shortcake	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 <i>Travel Tuesday-Scotland</i> 2:00 x 3:00 One card bingo	
<b>Wednesday 3</b> <b>Lunch:</b> Pot roast Boiled potatoes Carrots Frosted cake	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 x 2:00 x 3:00 x	<b>1:00 ROSARY</b>
<b>Thursday 4</b> <b>Lunch:</b> Roast pork Sweet potatoes Broccoli Watermelon	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 x 2:00 x 3:00 One card bingo	
<b>Friday 5</b> <b>Lunch:</b> Hamburger, roll Baked beans Tropical fruit	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:00 Pathway to fitness 1:00 x 2:00 Table activities 3:00 Trivia	<b>1:00 Knitting Group</b> <b>1:00 Worship Service-</b> <b>Singing/Discussion/Prayer</b> <b>in Library-Dial in to group</b> <b>Number 774-243-2133</b> <b>ID# 434 740 872#</b> <b>PET THERAPY WITH</b> <b>GEMMA</b>

## Note:

**Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, jigsaw puzzles, crossword puzzles, card playing, watercolor painting, newspaper, magazines, table games, music are available throughout the day.

This calendar is subject to change.

# Activities calendar

April 8<sup>th</sup>-12<sup>th</sup>, 2024

	Activities		Extras
<b>Monday<sup>8</sup></b> <b>Lunch:</b> Chicken & Broccoli Alfredo Ziti Green beans    Pudding	9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time News in Review & Dancercise Pathway to fitness walk Social group Laughter Yoga One card bingo	<b>National Library Week-Please feel free to borrow a book from our library</b>
<b>Tuesday<sup>9</sup></b> <b>Lunch:</b> Stuffed sole Lemon dill sauce Brussel sprouts Oven roast potatoes Mandarin oranges	9:30 10:30 11:30 1:00 2:00 3:00	Table activities-Social time News in Review & Fittercise Pathway to fitness walk Math challenge x Balloon volleyball	
<b>Wednesday<sup>10</sup></b> <b>Lunch:</b> Meat lasagna Tomato sauce Italian blend veg Cupcake	9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time News in Review & Drum Circle Pathway to fitness walk x x x	
<b>Thursday<sup>11</sup></b> <b>Lunch:</b> Country fried chicken steak White gravy, carrots Mashed potatoes Fruit cup	9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time News In Review & Dancercise Pathway to fitness walk <b>The Secret Life of Pets-movie</b> x x	
<b>Friday<sup>12</sup></b> <b>Lunch:</b> Mac n Cheese Stewed tomatoes Ice cream treat	9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time New in Review & Sittercise Pathway to fitness walk x x x	

**Note:**

# Activities calendar

April 15<sup>th</sup>-19<sup>th</sup>, 2024

Room: Chapman

	Activities	Extras
<b>Monday 15</b> <b>Lunch:</b> Sweet n Sour chicken Stir fried rice Asian style veg Peaches	9:30 Table activities/Social time 10:30 News in Review & Boxing 11:30 Pathway to fitness walk 1:00 Social group 2:00 <b>Laughter Yoga</b> 3:00 x	<b><i>National Humor Month-why not try Laughter Yoga?</i></b>  <b>Boston Marathon</b>
<b>Tuesday 16</b> <b>Lunch:</b> Spaghetti & meatballs Tomato sauce Salad, dressing Cookies	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 Travel Tales Tuesday 2:00 Meditation by Eugene 3:00 Trivia	<b>Stress Awareness Day</b>
<b>Wednesday 17</b> <b>Lunch:</b> Roast turkey Gravy Mashed potatoes Butternut squash Tropical fruit	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 Bingo 2:00 X 3:00 April EZ Does It Trivia	<b>1:00 Rosary</b>
<b>Thursday 18</b> <b>Lunch:</b> Meatloaf Gravy Mashed potatoes Carrots Brownies	9:30 Table activities/Social time 10:30 News in review & Fittercise 11:30 Pathway to fitness walk 1:00 x 2:00 x 3:00 x	
<b>Friday 19</b> <b>Lunch:</b> Pizza Tossed salad Dressing Fruited Jell-O	9:30 Table activities/Social time 10:30 News in Review & Exercise 11:30 Pathway to fitness walk 1:00 'Weather or Not' 2:00 3:00 x	<b>1:00 Knitting Group</b>  <b>Pet Therapy with Gemma</b>

## Note:

**Summit Program Calendar** Coffee/Tea Social begins at 8:00 daily. Lunch served at 12:00. Afternoon snack & chat daily. Group activities, independent activities and 1:1 interactions occur daily. Color art, word search, jigsaw puzzles, crossword puzzles, card playing, watercolor painting, newspaper, magazines, table games, music are available throughout the day.  
This calendar is subject to change.



# Activities calendar

April 22<sup>nd</sup>-26<sup>th</sup>, 2024

Room: Chapman

	Activities	Extras
<b>Monday 22</b>  <b>Lunch:</b> Salisbury steak Onion gravy Mashed potatoes Green beans Fruit cocktail	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>Andy Ross Entertains</b> 2:00 x 3:00 Make A Word	<b>1:00 Entertainment</b>
<b>Tuesday 23</b>  <b>Lunch:</b> Chicken Cordon Bleu Supreme sauce Salad, dressing Cookies	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 X 2:00 x 3:00 x	
<b>Wednesday 24</b>  <b>Lunch:</b> Baked fish Tartar sauce Baked potato Peas & carrots      pears	9:30 Table activities/Social time 10:30 News in Review & Silver Sneakers 11:30 Pathway to fitness walk. 1:00 x 2:00 x 3:00 x	<b>1:00 Rosary</b>
<b>Thursday 25</b>  <b>Lunch:</b> Swedish meatballs Ziti Veg Blend Coffee cake	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>crafts</b> 2:00 X 3:00 x	
<b>Friday 26</b>  <b>Lunch:</b> Pulled pork Roll Potato salad Coleslaw Pudding	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 x 2:00 Bingo 3:00 April trivia	<b>1:00 Knitting group</b>  <b>Pet Therapy with Gemma</b>

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# Activities calendar

April 29<sup>th</sup>-30<sup>th</sup>, 2024

Room: Chapman

	Activities	Extras
<b>Monday<sup>29</sup></b> <b>Lunch:</b> Ham steak Pineapple sauce Mashed potatoes Carrots Ice Cream Sandwich	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 Social group 2:00 White board games 3:00 Trivia	<b>1:00 Chit Chat Group with Denise</b>
<b>Tuesday<sup>30</sup></b> <b>Lunch:</b> Turkey Pot Pie Salad Dressing Peach Melba	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>x</b> 2:00 Travel Tuesday 3:00 Hangman	
<b>Wednesday</b> <b>Lunch:</b>		
<b>Thursday</b> <b>Lunch:</b>		
<b>Friday</b> <b>Lunch:</b>		

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	3/7/24 3:30 - 4:30 pm	288 Grove Street Worcester, MA	Martha Douty 508-852-2026	Grove Street
	2:00 – 3:00 pm	55 Cinema Boulevard Leominster, MA	Donna Ferro 978-401-3100	Leominster
	2:00-3:00 pm	101 Wason Ave Springfield, MA	Liz Ciak 413-272-6192	Springfield
	2:00-3:00 pm	1081 Varnum Ave. Lowell, MA	Maura Ammon (978) 427-6823	Lowell

Tip of the month:

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<b>Tuesday 2</b> <b>Lunch:</b> Chicken fajita Onions, peppers Rice & beans Mild sauce Strawberry shortcake	9:30      Table activities/Social time 10:30      News in Review & Dancercise 11:30      Pathway to fitness walk 1:00      Table activities or social group 2:00 <i>Travel Tuesday-Scotland</i> 3:00      One card bingo	<b>1:00 Friendly Circle Group- with Donna</b>
<b>Wednesday 3</b> <b>Lunch:</b> Pot roast, gravy Boiled potatoes Carrots Frosted cake	9:30      Table activities/Social time 10:30      News in Review & Dancercise 11:30 <i>Pathway to Fitness Challenge</i> 1:00      x 2:00      x 3:00      x	<b>National Walking Day</b>  <b>1:00 ROSARY</b>
<b>Thursday 4</b> <b>Lunch:</b> Roast pork Sweet potatoes Broccoli Watermelon	9:30      Table activities/Social time 10:30      News in Review & Dancercise 11:30      Pathway to fitness walk 1:00      x 2:00      Maya Angelous poetry & quotes 3:00	<b>1:00 Chit Chat Circle with Vivienne</b>  <i>Maya Angelou's Birthday</i>
<b>Friday 5</b> <b>Lunch:</b> Hamburger, roll Baked Beans Tropical fruit	9:30      Table activities/Social time 10:30      News in Review & Dancercise 11:00      Pathway to fitness 1:00      x 2:00      Table activities 3:00      Trivia	<b>1:00 Knitting Group</b> <b>1:00 Worship Service- Singing/Discussion/Prayer in Library-Dial in to group Number 774-243-2133 ID# 434 740 872#</b> <b>PET THERAPY WITH GEMMA</b>

## Note:

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April 8<sup>th</sup>-12<sup>th</sup>, 2024

Room: Summit

	Activities	Extras
<b>Monday<sup>8</sup></b> <b>Lunch:</b> Chicken & Broccoli Alfredo Ziti Green beans    Pudding	9:30      Table activities/Social time 10:30     News in Review & Dancercise 11:30     Pathway to fitness walk 1:00       Laughter Yoga 2:00       White board word games 3:00       One card bingo	<b>National Library Week-</b> <b>Please feel free to</b> <b>borrow a book from our</b> <b>library.</b>  <b>Total Solar Eclipse Day</b>
<b>Tuesday 9</b> <b>Lunch:</b> Stuffed Sole Lemon dill sauce Brussel sprouts Oven roast potatoes Mandarin oranges	9:30      Table activities-Social time 10:30     News in Review & Fittercise 11:30     Pathway to fitness walk 1:00 <b>Friendly Circle</b> or table activity 2:00       Math Challenge 3:00       Ball balancing games	<b>1:00 Friendly Circle</b> <b>Group- with Donna</b>  <b>Mathematics Day</b>
<b>Wednesday<sup>10</sup></b> <b>Lunch:</b> Meat lasagna Tomato sauce Italian blend veg Cupcake	9:30      Table activities/Social time 10:30     News in Review & Drum Circle 11:30     Pathway to fitness walk 1:00       x 2:00       x 3:00       x	 <b>1:00 ROSARY</b>
<b>Thursday<sup>11</sup></b> <b>Lunch:</b> Country fried chicken steak White gravy, carrots Mashed potatoes Fruit cup	9:30      Table activities/Social time 10:30     News In Review & Dancercise 11:30     Pathway to fitness walk 1:00       Chit chat group or table activity 2:00       The Secret Life of Pets-movie 3:00       x	<b>1:00 Chit Chat Circle</b> <b>with Vivienne</b>  <b>Masters Tournament</b> <b>Begins</b>  <b>National Pet Day</b>
<b>Friday 12</b> <b>Lunch:</b> Mac n Cheese Stewed cheese Ice cream treat	9:30      Table activities/Social time 10:30     New in Review & Sittercise 11:30     Pathway to fitness walk 1:00       x 2:00       x 3:00       x	<b>1:00 Knitting group</b>  <b>PET THERAPY WITH</b> <b>GEMMA</b>

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April 15<sup>th</sup>-19<sup>th</sup>, 2024

Room: Summit

	Activities	Extras
<b>Monday 15</b> <b>Lunch:</b> Sweet n sour chicken Stir fried rice Asian style veg Peaches	9:30 Table activities/ <b>Boston Marathon</b> 10:30 News in Review & Boxing 11:30 Pathway to fitness walk 1:00 <b>Laughter Yoga</b> 2:00 x 3:00 x	<b>National Humor Month-why not try Laughter Yoga today?</b>  <b>Boston Marathon</b>
<b>Tuesday 16</b> <b>Lunch:</b> Spaghetti & meatballs Tomato sauce Salad, dressing Cookies	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>Create relaxing Lavender Wands</b> 2:00 3:00 Travel Tales Tuesday	<b>1:00 Friendly Circle Group-with Donna</b>  <b>Stress Awareness Day</b>
<b>Wednesday 17</b> <b>Lunch:</b> Roast turkey Gravy Mashed potatoes Butternut squash Tropical fruit	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 x 2:00 Bingo 3:00 x	<b>1:00 Rosary</b>
<b>Thursday 18</b> <b>Lunch:</b> Meatloaf Gravy Mashed potato Carrots Browies	9:30 Table activities/Social time 10:30 News in review & Fittercise 11:30 Pathway to fitness walk 1:00 Spring Showers Door Décor Craft 2:00 x 3:00 x	<b>1:00 Chit Chat Circle with Vivienne</b>
<b>Friday 19</b> <b>Lunch:</b> Pizza Tossed salad Dressing Fruited Jell-O	9:30 Table activities/Social time 10:30 News in Review & Exercise 11:30 Pathway to fitness walk 1:00 White board- Words that begin with.... 2:00 3:00 x	<b>1:00 Knitting Group</b>  <b>Pet Therapy with Gemma</b>

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# Activities calendar

April 22<sup>nd</sup>-26<sup>th</sup>, 2024

Room: Summit

	Activities	Extras
<b>Monday 22</b> <b>Lunch:</b> Salisbury steak Onion gravy Mashed potatoes Green beans Fruit cocktail	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>Andy Ross Entertains</b> 2:00 3:00	Earth <u>Day</u>  <b>1:00 Entertainment</b>  Passover begins
<b>Tuesday 23</b> <b>Lunch:</b> Chicken Cordon Bleu Supreme sauce Wild rice, broccoli Carrot cake	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 Friendly Circle 2:00 x 3:00 Name That Tune	  <b>1:00 Friendly Circle</b> <b>Group-with Donna</b>
<b>Wednesday 24</b> <b>Lunch:</b> Baked fish Tartar sauce Baked potato Peas & carrots   Pears	9:30 Table activities/Social time 10:30 News in Review & Silver Sneakers 11:30 Pathway to fitness walk. 1:00 x 2:00 Pokeno 3:00 Music by request	  <b>1:00 Rosary</b>
<b>Thursday 25</b> <b>Lunch:</b> Swedish meatballs Ziti Veg blend Coffee cake	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>Chit Chat Circle or crafts</b> 2:00 X 3:00 x	  <b>1:00 Chit Chat Circle</b> <b>with Vivienne</b>
<b>Friday 26</b> <b>Lunch:</b> Pulled pork Roll Potato salad Coleslaw Pudding	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 x 2:00 Bingo 3:00 April trivia	  <b>1:00 Knitting group</b> <b>Pet Therapy with</b> <b>Gemma</b> <b>Arbor Day</b>

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April 29<sup>th</sup>-30<sup>th</sup>, 2024

Room: Summit

	Activities	Extras
<b>Monday<sup>29</sup></b> <b>Lunch:</b> Ham steak Pineapple sauce Mashed potatoes Carrots Ice Cream Sandwich	9:30 Table activities/Social time 10:30 News in Review & Dancercise 11:30 Pathway to fitness walk 1:00 Bingo 2:00 White board games 3:00 Trivia	
<b>Tuesday<sup>30</sup></b> <b>Lunch:</b> Turkey Pot Pie Salad Dressing Peach Melba	9:30 Table activities/Social time 10:30 News in Review & Sittercise 11:30 Pathway to fitness walk 1:00 <b>x</b> 2:00 Travel Tuesday 3:00 Hangman	
<b>Wednesday</b> <b>Lunch:</b>		
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