Monthly News

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:

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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.

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:			

April 1st – 5th, 2024 Room: Chapman

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

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.

April 8th-12th, 2024

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

Note:

April 15th-19th, 2024 Room: Chapman

April 10 -15th, 2024			Room: Chapman
	Activitie		Extras
Monday ¹⁵	9:30	Table activities/Social time	Madanalli
Monday	10:30	News in Review & Boxing	National Humor
Sweet n Sour chicken	11:30	Pathway to fitness walk	Month-why not try Laughter Yoga?
Stir fried rice	1:00	Social group	Laughter roga:
Asian style veg Peaches	2:00	Laughter Yoga	Boston Marathon
	3:00	X	DOSTOIT MATALITOIT
Tuesday 16	9:30	Table activities/Social time	
rucsuuy	10:30	News in Review & Sittercise	Ctros of Assessment Description
Spaghetti & meatballs	11:30	Pathway to fitness walk	Stress Awareness Day
Tomato sauce	1:00	Travel Tales Tuesday	
Salad, dressing Cookies	2:00	Meditation by Euguene	
	3:00	Trivia	
Wednesday 17	9:30	Table activities/Social time	
S S	10:30	News in Review & Dancercise	1:00 Rosary
Lunch: Roast turkey	11:30	Pathway to fitness walk	
Gravy	1:00	Bingo	
Mashed potatoes Butternut squash	2:00	X	
Tropical fruit	3:00	April EZ Does It Trivia	
Thursday ¹⁸	9:30	Table activities/Social time	
50 SC	10:30	News in review & Fittercise	
Lunch: Meatloaf	11:30	Pathway to fitness walk	
Gravy Mashed potatoes	1:00	X	
Carrots	2:00	X	
Brownies	3:00	X	
Friday 19	0.00	ble activities/Social time	
		ews in Review & Exercise	1:00 Knitting Group
Lunch: Pizza		thway to fitness walk	Dot Thorony with
Tossed salad	1:00 _{'W}	eather or Not'	Pet Therapy with Gemma
Dressing Fruited Jell-O	2:00		OGIIIIII
	3:00 X		

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April 22nd-26th, 2024 Room: Chapman

	Activiti	es	Extras
Manadayea	9:30	Table activities/Social time	
Monday 22	10:30	News in Review & Sittercise	
Lunch:	11:30	Pathway to fitness walk	
Salisbury steak Onion gravy	1:00	Andy Ross Entertains	1:00 Entertainment
Mashed potatoes	2:00	x	
Green beans Fruit cocktail	3:00	Make A Word	
Tuesday23	9:30	Table activities/Social time	
Tuesday20	10:30	News in Review & Dancercise	
Lunch:	11:30	Pathway to fitness walk	
Chicken Cordon Bleu Supreme sauce	1:00	X	
Salad, dressing Cookies	2:00	x	
Cookies	3.00	х	
Wednesday ²⁴	9:30	Table activities/Social time	
-	10:30	News in Review & Silver Sneakers	1:00 Rosary
Lunch:	11:30	Pathway to fitness walk.	
Baked fish Tartar sauce	1:00	x	
Baked potato	2:00	x	
Peas & carrots pears	3:00	X	
Thursday ²⁵	9:30	Table activities/Social time	
-	10:30	News in Review & Sittercise	
Lunch: Swedish meatballs	11:30	Pathway to fitness walk	
Ziti	1:00	crafts	
Veg Blend Coffee cake	2:00	_	
	3:00	X	
Friday 26	9:30	Table activities/Social time	
	10:30	News in Review & Dancercise	1:00 Knitting group
Lunch: Pulled pork	11:30	Pathway to fitness walk	B (T)
Roll	1:00	x	Pet Therapy with
Potato salad Coleslaw	2:00	Bingo	Gemma
Pudding	3:00	April trivia	

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April 29th-30th, 2024 Room: Chapman

	Activitie	es	Extras
Monday ²⁹	9:30	Table activities/Social time	
57-25	10:30	News in Review & Dancercise	1:00 Chit Chat
Lunch: Ham steak	11:30	Pathway to fitness walk	Group with Denise
Pineapple sauce Mashed potatoes	1:00	Social group	
Carrots	2:00	White board games	
Ice Cream Sandwich	3:00	Trivia	
Tuesday 30	9:30	Table activities/Social time	
Lunch:	10:30	News in Review & Sittercise	
Turkey Pot Pie	11:30	Pathway to fitness walk	
Salad	1:00	X Toursel Trees days	
Dressing Peach Melba	2:00	Travel Tuesday	
Peach Meiba	3:00	Hangman	
Wednesday			
Lunch:			
Thursday			
ac ac			
Lunch:			
Friday			
Lunch:			

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	2:00-3:00 pm	1081 Varnum Ave. Lowell, MA	Maura Ammon (978) 427-6823	Lowell

Tip of the month:			

April 1st – 5th, 2024 Room: Summit

	Activiti	es	Extras
Monday 1 Lunch:	9:30 10:30 11:30	Table activities/Social time News in Review & Dancercise Pathway to fitness walk	Scottish-American Heritage Month
Stuffed cabbage Tomato sauce White rice Mixed veg Sherbet	1:00 2:00 3:00	Fool's Dictionary-word games x Scottish Folktales & Short Stories	April Fool's Day
Tuesday ² Lunch: Chicken fajita Onions, peppers Rice & beans Mild sauce Strawberry shortcake	9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time News in Review & Dancercise Pathway to fitness walk Table activities or social group Travel Tuesday-Scotland One card bingo	1:00 Friendly Circle Group- with Donna
Wednesday3 Lunch: Pot roast, gravy Boiled potatoes Carrots Frosted cake	9:30 10:30 11:30 1:00 2:00	Table activities/Social time News in Review & Dancercise Pathway to Fitness Challenge X X X	National Walking Day 1:00 ROSARY
Thursday Lunch: Roast pork Sweet potatoes Broccoli Watermelon	3:00 9:30 10:30 11:30 1:00 2:00 3:00	Table activities/Social time News in Review & Dancercise Pathway to fitness walk x Maya Angelous poetry & quotes	1:00 Chit Chat Circle with Vivienne Maya Angelou's Birthday
Friday 5 Lunch: Hamburger, roll Baked Beans Tropical fruit	9:30 10:30 11:00 1:00 2:00 3:00	Table activities/Social time News in Review & Dancercise Pathway to fitness x Table activities Trivia	1:00 Knitting Group 1:00 Worship Service- Singing/Discussion/Prayer in Library-Dial in to group Number 774-243-2133 ID# 434 740 872# PET THERAPY WITH GEMMA

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April 8th-12th, 2024 Room: Summit

	Activi	ties	Extras
Monday ⁸	9:30	Table activities/Social time	National Library Week-
_	10:30	News in Review & Dancercise	Please feel free to
Lunch:	11:30	Pathway to fitness walk	borrow a book from our
Chicken & Broccoli	1:00	Laughter Yoga	library.
Alfredo Ziti	2:00	White board word games	Total Solar Eclipse Day
Green beans Pudding	3:00	One card bingo	
Tuesday 9	9:30	Table activities-Social time	4-00 Enjandle Cinals
_	10:30	News in Review & Fittercise	1:00 Friendly Circle Group- with Donna
LStuffed Sole Lemon dill sauce	11:30	Pathway to fitness walk	Group- with Bonna
Brussel sprouts	1:00	Friendly Circle or table activity	
Oven roast potatoes Mandarin oranges	2:00	Math Challenge	Mathematics Day
Wandanii Granges	3.00	Ball balancing games	-
Wednesday ¹⁰	9:30	Table activities/Social time	
	10:30	News in Review & Drum Circle	4.00 DOSABY
Lunch: Meat lasagna	11:30	Pathway to fitness walk	1:00 ROSARY
Tomato sauce Italian blend veg	1:00	X	
Cupcake	2:00	X	
	3:00	X	
Thursday	9:30	Table activities/Social time	1:00 Chit Chat Circle
	10:30	News In Review & Dancercise	with Vivienne
Country fried chicken	11:30	Pathway to fitness walk	Masters Tournament
steak White gravy, carrots	1:00	Chit chat group or table activity	Begins
Mashed potatoes	2:00	The Secret Life of Pets-movie	National Pet Day
Fruit cup	3.00	Х	National Fet Day
Friday 12	9:30	Table activities/Social time	1:00 Knitting group
	10:30	New in Review & Sittercise	
Lunch: Mac n Cheese	11:30	Pathway to fitness walk	PET THERAPY WITH
Stewed cheese	1:00	X	GEMMA
Ice cream treat	2:00	X	
	3:00	Х	

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April 15th-19th, 2024 Room: Summit

·	HOUSE THE STATE OF	Room: Summit
	Activities	Extras
Monday ¹⁵	9:30 Table activities/Boston Marathon News in Review & Boxing	National Humor Month-why not try
Sweet n sour chicken	11:30 Pathway to fitness walk	Laughter Yoga
Stir fried rice Asian style veg	1:00 Laughter Yoga	today?
Peaches	2:00 x	Doods in Manadhan
	3:00 _x	Boston Marathon
Tuesday 16	9:30 Table activities/Social time	
lacoddy	10:30 News in Review & Sittercise	The state of the s
Spagnetti & meatballs	11:30 Pathway to fitness walk	Group-with Donna
Tomato sauce Salad, dressing Cookies	1:00 Create relaxing Lavender 2:00 Wands	Stress Awareness
	3:00 Travel Tales Tuesday	Day
Wednesday ¹⁷ Lunch: Roast turkey	9:30 Table activities/Social time 10:30 News in Review & Dancercis 11:30 Pathway to fitness walk	se 1:00 Rosary
Gravy Mashed potatoes Butternut squash Tropical fruit	1:00 X Bingo 2:00 X	
Thursday ¹⁸ Lunch: 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 Cra 2:00 x 3:00 X	1:00 Chit Chat Circle with Vivienne
Friday ¹⁹	9:30 Table activities/Social time 10:30 News in Review & Exercise	1:00 Knitting Group
Lunch: Pizza Tossed salad Dressing Fruited Jell-O	11:30 Pathway to fitness walk 1:00 White board- Words that begin with 2:00 3:00 X	Pet Therapy with Gemma

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April 22nd-26th, 2024 Room: Summit

	Activities		Extras
Monday 22	9:30	Table activities/Social time	
	10:30	News in Review & Sittercise	Earth <u>Day</u>
Lunch:	11:30	Pathway to fitness walk	
Salisbury steak Onion gravy	1:00	Andy Ross Entertains	1:00 Entertainment
Mashed potatoes	2:00		
Green beans Fruit cocktail	3:00		Passover begins
Tuesday23	9:30	Table activities/Social time	
ruesuay20	10:30	News in Review & Dancercise	1:00 Friendly Circle
Lunch: Chicken Cordon Bleu	11:30	Pathway to fitness walk	Group-with Donna
Supreme sauce	1:00	Friendly Circle	
Wild rice, broccoli	2:00	x	
Carrot cake	3.00	Name That Tune	
Wednesday ²⁴	9:30	Table activities/Social time	
	10:30	News in Review & Silver Sneakers	1:00 Rosary
Lunch:	11:30	Pathway to fitness walk.	
Baked fish Tartar sauce	1:00	×	
Baked potato	2:00	Pokeno	
Peas & carrots Pears	3:00	Music by request	
Thursday ²⁵	9:30	Table activities/Social time	
EG 85	10:30	News in Review & Sittercise	1:00 Chit Chat Circle
Lunch: Swedish meatballs	11:30	Pathway to fitness walk	with Vivienne
Ziti Van bland	1:00	Chit Chat Circle or crafts	
Veg blend Coffee cake	2:00	X	
	3:00	Y	
Friday 26	9:30	Table activities/Social time	
Lunch:	10:30	News in Review & Dancercise	1:00 Knitting group
Pulled pork	11:30	Pathway to fitness walk	Pet Therapy with Gemma
Roll	1:00	x	Gemma Arbor Day
Potato salad Coleslaw	2:00	Bingo	Albui Day
Pudding	3:00	April trivia	

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April 29th-30th, 2024 Room: Summit

-11	Activities		Extras
Monday ²⁹	9:30	Table activities/Social time	
	10:30	News in Review & Dancercise	
Lunch: Ham steak Pineapple sauce Mashed potatoes Carrots Ice Cream Sandwich	11:30	Pathway to fitness walk	
	1:00	Bingo	
	2:00	White board games	
	3:00	Trivia Table activities/Social time	
Tuesday ₃₀	9:30	News in Review & Sittercise	
	10:30		
Turkey Pot Pie	11:30	Pathway to fitness walk	
Salad Dressing Peach Melba	1:00	x Travel Tuesday	
	2:00	Hangman	
1 Cacil Weiba	3:00	Hangman	
Wednesday			
Lunch:			
Activity of the second second			
Thursday			
Lunch:			
Editori.			
Friday			
Lunch:			

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