

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.

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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).

Summit ElderCare

108 Thompson Rd., Webster, MA 01570

1-774-317-6700 (TRS 711) • 8 a.m.–5 p.m., Monday–Friday

Supervisor, Recreational Activities: Renee Aucoin 1-774-317-6700

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

Transportation service: Safeway Transportation: 1-508-799-5500

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
Caregiver tools & community resources to reduce stress & increase Networking	April 9 From 3:00 to 4:30	108 Thompson Rd Webster, MA	Bessie Bechthold 1-774- 317-6700	Webster
Reducing caregiver stress: National Stress Awareness Month	April 11 From 2:00 to 3:30	288 Grove Street Worcester, MA	Martha Douty 1-508 852-2026	Worcester
Living Comfortably as a Flawed Human Being & Caregiver	April 25 From 2:00 to 3:00	55 Cinema Blvd Leominster, MA	Donna Ferro 1-978-401-3100	Leominster
How to Use Music to Connect	April 16 From 2:00 - 3:00	101 Wason Ave Springfield, MA	Liz Ciak 1-413-272-6192	Springfield
Feeling Stressed and Blessed?!	April From 2:00 – 3:00	1081 Varnum Ave. Lowell, MA	Maura Ammon 1-978-427-6823	Lowell

Tip of the month:

Maintain your sense of humor. Use humor whenever possible, though not at the person's expense. People with dementia tend to retain their social skills and are usually delighted to laugh along with you.

Activities calendar

APRIL 1 – 5, 2024

Room: LAKESIDE

	Activities	Extras
Monday Lunch: Stuffed Cabbage, White Rice, Mixed Vegetables and Sherbet	9:30 Sing-a-long 10:30 April Fools Day Pranks 11:00 Morning Stretch 12:30 101ST Birthday Parade! 1:30 Celebration!!! 2:00 Discussion Group	HAPPY BIRTHDAY Mary K!
Tuesday Lunch: Chicken Fajitas, Onions, Peppers, Rice & Beans, Mild Sauce and Strawberry Shortcake	9:30 Looking Up At Trees Art 10:30 Poems About Trees 11:00 Morning Stretch 12:30 April Sensory Kit 1:30 Scottish Folk Tales 2:00 Discussion Group	
Wednesday Lunch: Pot Roast, Gravy, Boiled Potatoes, Carrots and Frosted Cake	9:30 Spring Craft 10:30 Spring Flower Trivia 11:00 Morning Stretch 12:30 Bingo 1:30 Funny Baby Videos 2:00 Discussion Group	Men's Group 1:00
Thursday Lunch: Roast Pork, Sweet Potatoes, Broccoli and Watermelon	9:30 Chat Pack 10:30 Music Trivia 11:00 Morning Stretch 12:30 Team Volleyball 1:30 Karaoke 2:00 Discussion Group	Mindfulness Group in the Library 1:00
Friday Lunch: Hamburger, Roll, Lettuce, Tomato, Baked Beans and Tropical Fruit	9:30 Variety of Puzzles 10:30 Name 5 11:00 Morning Stretch 12:30 Word Jumble 1:30 You Be the Judge 2:00 Discussion Group	HAPPY BIRTHDAY Rose A! (7th)

Note: Coffee Social and Table Activities from 8 – 9:30.
 Lunch is Served at Noon.
 Small Group Activities from 3 – 5.
 Sensory, 1:1, Walks with Staff and Individual Activities Available Throughout the Day

Activities calendar

APRIL 8 – 12, 2024

Room: LAKESIDE

	Activities		Extras
Monday Lunch: Chicken & Broccoli Alfredo, Ziti, Green Beans and Pudding	9:30 10:30 11:00 12:30 1:00 2:00	Spa Sensory Hand Massages Morning Stretch Giggles in the Garden Twister Toss Discussion Group	MEN'S GROUP 10:30
Tuesday Lunch: Stuffed Sole, Lemon Dill Sauce, Brussel Sprouts, Oven Roasted Potatoes, & Mandarin Oranges	9:30 10:30 11:00 12:30 1:00 2:00	Good News Only! Earth Day Discussion Morning Stretch Virtual Trip to Scotland Who Am I? Discussion Group	
Wednesday Lunch: Meat Lasagna, Italian Blend Vegetables, and a Cupcake	9:30 10:30 11:00 12:30 1:00 2:00	Short Story/Chat Name That Tune Morning Stretch Can You Picture This? Horseshoes Discussion Group	HAPPY BIRTHDAY Russell B! MEN'S GROUP 1:00
Thursday Lunch: Country Fried Chicken Steak, White Gravy, Carrots, Mashed Potatoes and Fruit Cup	9:30 10:30 11:00 12:30 1:30 2:00	Higher or Lower Memory Game Morning Stretch Bingo Funny Movie Clips Discussion Group	Mindfulness Group in the Library 1:00
Friday Lunch: Macaroni and Cheese, Stewed Tomatoes, and an Ice Cream Treat	9:30 10:30 11:00 12:30 1:30 2:00	Paper Umbrella Craft Singing in the Rain Songs Morning Stretch Walk on the Wild Side Volleyball to Music Discussion Group	HAPPY BIRTHDAY Robert S. (13th) and Bonnie B (14th)!

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Activities calendar

APRIL 15 – 19, 2024

Room: LAKESIDE

	Activities	Extras
Monday Lunch: Sweet & Sour Chicken, Stir Fried Rice, Asian Style Vegetables and Peaches	9:30 Price is Right 10:30 April A - Z 11:00 Morning Stretch 12:30 Never Have I Ever 1:30 True or False? 2:00 Discussion Group	HAPPY BIRTHDAY Joan B! MEN'S GROUP 10:30
Tuesday Lunch: Spaghetti & Meatballs, Salad and Cookies	9:30 Daily Chronicle 10:30 Pass the Hat 11:00 Morning Stretch 12:30 Entertainment! 1:00 Terry Bradley! 2:00 Discussion Group	
Wednesday Lunch: Roast Turkey, Gravy, Mashed Potatoes, Butternut Squash and Tropical Fruit	9:30 Craft 10:30 Family Feud 11:00 Morning Stretch 12:30 Word Jumble 1:00 Karaoke 2:00 Discussion Group	MEN'S GROUP 10:30
Thursday Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	9:30 Bird Sensory Activity 10:30 Short Story 11:00 Morning Stretch 12:30 Travel to Scottish Highlands 1:00 Soccer to Music 2:00 Discussion Group	Mindfulness Group in the Library 1:00
Friday Lunch: Pizza, Tossed Salad and Fruited Jell-O	9:30 Spring Zen Coloring 10:30 Sing-a-long 11:00 Morning Stretch 12:30 Family Feud 1:30 Movie Time 2:00 Discussion Group	HAPPY BIRTHDAY Lula H!

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Activities calendar

APRIL 22 - 26, 2024

Room: LAKESIDE

	Activities	Extras
Monday Lunch: Salisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit Cocktail	9:30 Celebrating Earth Day 10:30 Slide Show 11:00 Morning Stretch 12:30 Music with Instruments 1:30 I Love Lucy 2:00 Discussion Group	MEN'S GROUP 10:30
Tuesday Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake	9:30 Let's Plan a Garden 10:30 5 Second Rule 11:00 Morning Stretch 12:30 Bingo 1:30 Virtual Trip to Bronx Zoo 2:00 Discussion Group	Mindfulness Group in the Library 1:00
Wednesday Lunch: Baked Fish, Baked Potato, Peas & Carrots and Pears	9:30 Spring Craft 10:30 Let's Make a Deal 11:00 Morning Stretch 12:30 Mustang Day Slideshow 1:00 America's Got Talent 2:00 Discussion Group	HAPPY BIRTHDAY Ron Y!
Thursday Lunch: Swedish Meatballs, Ziti, Vegetable Blend and Coffee Cake	9:30 Arbor Day Trivia 10:30 Horseshoes 11:00 Morning Stretch 12:30 Entertainment! 1:00 Wayne Paige! 2:00 Discussion Group	HAPPY BIRTHDAY Linda B and Jeanne J!
Friday Lunch: Pulled Pork, Roll, Potato Salad, Coleslaw and Pudding	9:30 Hand Massages 10:30 Chicken Soup for the Soul 11:00 Morning Stretch 12:30 Polka Chair Dancing 1:00 Basketball 2:00 Discussion Group	HAPPY BIRTHDAY Carol P!

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Activities calendar

APRIL 29 – MAY 3, 2024

Room: LAKESIDE

	Activities	Extras
Monday Lunch: Ham Steak, Pineapple Sauce, Mashed Potatoes, Carrots and Ice Cream Sandwich	9:30 Painting 10:30 Ping Pong Ball Game 11:00 Morning Stretch 12:30 Bingo 1:30 Spring Songs 2:00 Discussion Group	MEN'S GROUP 10:30
Tuesday Lunch: Turkey Pot Pie, Salad and Peach Melba	9:30 Spa Sensory 10:30 Hand Massages 11:00 Morning Stretch 12:30 What Am I? 1:30 Dance Craze Chair Dancing 2:00 Discussion Group	HAPPY BIRTHDAY Jean M!
Wednesday Lunch:		PLEASE SEE MAY CALENDAR
Thursday Lunch:		PLEASE SEE MAY CALENDAR
Friday Lunch:		PLEASE SEE MAY CALENDAR

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Reducing caregiver stress: National Stress Awareness Month	APRIL 11 FROM 2:00 to 3:30	288 Grove Street Worcester, MA	Martha Douty 1-508-852-2026	WORCESTER
Living comfortably as a flawed human being & caregiver!	APRIL 25 FROM 2:00 – 3:30	55 Cinema Boulevard Leominster, MA	Donna Ferro 1-978-401-3100	LEOMINSTER
HOW TO USE MUSIC TO CONNECT	APRIL FROM 2:00-3:00	101 Wason Ave Springfield, MA	Liz Ciak 1-413- 272-6192	SPRINGFIELD
FEELING STRESSED AND BLESSED?	APRIL 17 FROM 2:00 – 3:00	1081 Varnum Ave. Lowell, MA	Maura Ammon 1-978- 427-6823	LOWELL

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Activities calendar

APRIL 1 - 5, 2024

Room: SUMMIT

	Activities	Extras
Monday Lunch: Stuffed Cabbage, White Rice, Mixed Vegetables and Sherbet	9:30 History's Biggest Pranks 10:30 Scottish Virtual Tour 11:00 Morning Stretch 12:30 101st Birthday Parade! 1:30 Celebration! 2:00 Discussion Group	HAPPY BIRTHDAY Mary K!
Tuesday Lunch: Chicken Fajitas, Onions, Peppers, Rice & Beans, Mild Sauce and Strawberry Shortcake	9:30 Name 5 10:30 April IQ 11:00 Morning Stretch 12:30 Pokeno 1:30 Good News Only 2:00 Discussion Group	
Wednesday Lunch: Pot Roast, Gravy, Boiled Potatoes, Carrots and Frosted Cake	9:30 Sean Connery Chat 10:30 Movie Trivia 11:00 Morning Stretch 12:30 Bingo 1:30 You Be the Judge 2:00 Discussion Group	
Thursday Lunch: Roast Pork, Sweet Potatoes, Broccoli and Watermelon	9:30 Where Am I? 10:30 US Citizenship Questions 11:00 Morning Stretch 12:30 Bingo 1:30 This or That Trivia 2:00 Discussion Group	
Friday Lunch: Hamburger, Roll, Lettuce, Tomato, Baked Beans and Tropical Fruit	9:30 Beaded Garden Stake 10:30 ABCit/Sports 11:00 Morning Stretch 12:30 Stick Man Word Game 1:30 Sing-a-long 2:00 Discussion Group	HAPPY BIRTHDAY Rose A! (7th) YARN GROUP 1:00

Note: Coffee Social and Table Activities from 8:00 – 9:30.
 Independent Activities, Library, Computers and 1:1 time with staff Available All Day.
 Small Group Activities 3 – 5.
Please refer to Activity Menu on tables for list of additional activities that are available.

Activities calendar

APRIL 8 – 12, 2024

Room: SUMMIT

	Activities	Extras
Monday Lunch: Chicken & Broccoli Alfredo, Ziti, Green Beans and Pudding	9:30 Wacky Wordies 10:30 April Riddle Jumble 11:00 Morning Stretch 12:30 Word Mining 1:30 Funny Mix-Ups 2:00 Discussion Group	MEN'S GROUP 10:30
Tuesday Lunch: Stuffed Sole, Lemon Dill Sauce, Brussel Sprouts, Oven Roasted Potatoes, & Mandarin Oranges	9:30 Flower Craft 10:30 Baby Boomers Memories 11:00 Morning Stretch 12:30 Bingo 1:30 One More Time Skit 2:00 Discussion Group	
Wednesday Lunch: Meat Lasagna, Italian Blend Vegetables, and a Cupcake	9:30 Monthly Gazette 10:30 Scotland Trivia 11:00 Morning Stretch 12:30 Bingo 1:30 Spring Flowers A - Z 2:00 Discussion Group	HAPPY BIRTHDAY Russell B! MEN'S GROUP 1:00
Thursday Lunch: Country Fried Chicken Steak, White Gravy, Carrots, Mashed Potatoes and Fruit Cup	9:30 Catch and Release Talk 10:30 Travel Brief 11:00 Morning Stretch 12:30 Volleyball 1:30 Sports Bloopers 2:00 Discussion Group	
Friday Lunch: Macaroni and Cheese, Stewed Tomatoes, and an Ice Cream Treat	9:30 Spring Craft 10:30 Concentration 11:00 Morning Stretch 12:30 Wheel of Fortune 1:30 My First..... 2:00 Discussion Group	HAPPY BIRTHDAY Robert S. (13th) and Bonnie B (14th)! YARN GROUP 1:00

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	Activities	Extras
Monday Lunch: Sweet & Sour Chicken, Stir Fried Rice, Asian Style Vegetables and Peaches	9:30 Remembering W. Cronkite 10:30 Weather Fun Facts 11:00 Morning Stretch 12:30 Bingo 1:30 Willie Nelson Trivia 2:00 Discussion Group	HAPPY BIRTHDAY Joan B! MEN'S GROUP 10:30
Tuesday Lunch: Spaghetti & Meatballs, Salad and Cookies	9:30 Pros and Cons 10:30 List It 11:00 Morning Stretch 12:30 Entertainment! 1:00 Terry Bradley! 2:00 Discussion Group	
Wednesday Lunch: Roast Turkey, Gravy, Mashed Potatoes, Butternut Squash and Tropical Fruit	9:30 Arbor Day Craft 10:30 Planting Up a Storm! 11:00 Morning Stretch 12:30 Karaoke 1:30 Summit's Got Talent! 2:00 Discussion Group	MEN'S GROUP 10:30 SUMMIT SINGERS 12:30
Thursday Lunch: Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	9:30 What's Cooking? 10:30 Chat Pack 11:00 Morning Stretch 12:30 Bingo 1:30 Current Events 2:00 Discussion Group	
Friday Lunch: Pizza, Tossed Salad and Fruited Jell-O	9:30 Patriotic Wind Catcher 10:30 Old Soldiers Never Die 11:00 Morning Stretch 12:30 San Antonio Fiesta Day 1:30 Texas Songs Karaoke 2:00 Discussion Group	HAPPY BIRTHDAY Lula H! YARN GROUP 1:00

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Tuesday Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake	9:30 Ribbon and Lace Bookmark 10:30 Earth Day Word Mining 11:00 Morning Stretch 12:30 Bingo 1:30 100,00 Pyramid 2:00 Discussion Group	
Wednesday Lunch: Baked Fish, Baked Potato, Peas & Carrots and Pears	9:30 Spring Crafts 10:30 Summit Singers 11:00 Morning Stretch 12:30 Bingo 1:30 2 Truths, 1 Lie 2:00 Discussion Group	HAPPY BIRTHDAY Ron Y! MEN'S GROUP 1:00
Thursday Lunch: Swedish Meatballs, Ziti, Vegetable Blend and Coffee Cake	9:30 Mark Herald Collage 10:30 Mark Herald Bio 11:00 Morning Stretch 12:30 Entertainment! 1:00 Wayne Paige! 2:00 Discussion Group	HAPPY BIRTHDAY Linda B and Jeanne J!
Friday Lunch: Pulled Pork, Roll, Potato Salad, Coleslaw and Pudding	9:30 Word Pyramid 10:00 Memory Game 10:30 Morning Stretch 12:30 Pokeno 1:30 Believe It or Not! 2:00 Discussion Group	HAPPY BIRTHDAY Carol Punch! YARN GROUP 1:00

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APRIL 29 – MAY 3, 2024

Room: SUMMIT

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Monday Lunch: Ham Steak, Pineapple Sauce, Mashed Potatoes, Carrots and Ice Cream Sandwich	9:30 Famous Phrases 10:30 Wheel of Fortune 11:00 Morning Stretch 12:30 Bingo 1:30 Borrowed Laundry Skit 2:00 Discussion Group	MEN'S GROUP 10:30
Tuesday Lunch: Turkey Pot Pie, Salad and Peach Melba	9:30 Memory Table 10:30 May A - Z 11:00 Morning Stretch 12:30 Bingo 1:30 Chat Pack 2:00 Discussion Group	HAPPY BIRTHDAY Jean M!
Wednesday Lunch:		PLEASE SEE MAY CALENDAR
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