



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 and 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 assistance, call the Center to reach the answering service who 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 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 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).

Summit ElderCare contact information

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.

| Topic | Date/Time | Location | Contact | Sponsoring site |
|--|--|---------------------------------------|-----------------------------------|-----------------|
| Caregiver Resource Tools | June 4 th from 3:00 – 4:30 | 108 Thompson Road, Webster, MA | Bessie Betchold (774) 317-6700 | Webster |
| Open Forum | June 17 th from 2:00 – 3:30 | 1369 Grafton Street Worcester, MA | Pat Lazarek (508) 373-7400 | Grafton Street |
| Frank Yacino Speaker who has Walked the Walk | June 27 th from 2:00 – 3:30 | 55 Cinema Boulevard Leominster, MA | Donna Ferro (978) 401-3100 | Leominster |
| Hot Weather Tips | June 12 th from 3:30 – 5:00 | 101 Wason Avenue Springfield, MA | April Monfett (774) 317-6194 | Springfield |
| Open Forum | June 12 th from 2:00 – 3:30 | 1081 Varnum Avenue Lowell, MA | Emily Lemire (978) 427-6830 | Lowell |
| | | | | |

Tip of the month:

Get connected. Organizations such as the Red Cross and the Alzheimer's Association offer classes on caregiving, and local hospitals may have classes specifically about the disease your loved one is facing.

Activities calendar

June 3 - 7, 2019

Room: Lakeside

| | Activities | Extras |
|---|---|-------------------|
| Monday 3 Lunch: Chicken & Broccoli Alfredo, Pasta, Italian Blend Vegetables and Pears | 9:30: 1970's Search 10:30: 1970's Facts 11:00: 1970's Fashions 12:30: PM Stretch 1:00: 1970's Music 2:00: 1970's Shows | |
| Tuesday 4 Lunch: Salisbury Steak, Gravy, Mashed Potatoes, Spinach and a Cupcake | 9:30: You Be the Judge 10:30: Tell All 11:00: Bean Bag Toss 12:30: PM Stretch 1:00: Lawrence Welk 2:00: Watercolor Painting | |
| Wednesday 5 Lunch: Chicken Marsala, Pasta, Vegetable Blend and Ambrosia | 9:30: Sand Art 10:30: June Trivia 11:00: June Blooms 12:30: PM Stretch 1:00: Good Weather Chore List 2:00: Polkas | Hairdresser Is in |
| Thursday 6 Lunch: Pizza, Tossed Salad, Dressing and Brownies | 9:30: Daisy Cards 10:30: Upsy Daisy Day 11:00: Songs with Sign Language 12:30: PM Stretch 1:00: Happy Songs 2:00: I am Grateful For..... | |
| Friday 7 Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes and Melon | 9:30: Name Five 10:30: Melissa Says 11:00: Conversation Ball 12:30: PM Stretch 1:00: Ice Cream Social 2:00: Marble Painting | |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

June 10 - 14, 2019

Room: Lakeside

| | Activities | Extras |
|--|---|-------------------|
| Monday 10 Lunch: Swedish Meatballs, Pasta, Zucchini and Pudding | 9:30: Rock Painting 10:30: Common Sayings 11:00: Treehouses 12:30: PM Stretch 1:00: Summer Activities 2:00: Fish Stories | |
| Tuesday 11 Lunch: Pulled Pork, Roll, Potato Salad, Tossed Salad and Peach Melba | 9:30: Flag Day Cards 10:30: Flag Day Trivia 11:00: Bell Choir 12:30: PM Stretch 1:00: Peter Allard!!! 2:00: Patriotic Music! | |
| Wednesday 12 Lunch: Macaroni & Cheese, Stewed Tomatoes and Apple Crisp | 9:30: Conversation Ball 10:30: True or False? 11:00: Horoscopes 12:30: PM Stretch 1:00: 50's Music 2:00: I Love Lucy | Hairdresser Is in |
| Thursday 13 Lunch: Pesto Chicken, Couscous, Lettuce & Tomatoes and Fruit Cocktail | 9:30: Origami Shirt & Tie 10:30: Father's Day IQ 11:00: Meaning of 12:30: PM Stretch 1:00: All About Sea Creatures 2:00: Father's Day Memories | |
| Friday 14 Lunch: Soup and Sandwich, Pickled Beets and Cookies | 9:30: Bottom's Up 10:30: Dadisms 11:00: Poetry Reading 12:30: PM Stretch 1:00: Father's Day Social 2:00: Dad Songs | |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

June 17 - 21, 2019

Room: Lakeside

| | Activities | Extras |
|---|--|-------------------|
| Monday 17 Lunch: Hot Dog, Roll, Macaroni Salad, Pickled Beets and Ice Cream | 9:30: Color-a-smile 10:30: Positive Thoughts 11:00: Trivia 12:30: PM Stretch 1:00: Happy Dance 2:00: Happy Songs | |
| Tuesday 18 Lunch: Baked Fish, ½ Baked Potato, Peas & Carrots and Tropical Fruit | 9:30: Crafting with Nature 10:30: What's In the Garden? 11:00: Animal Riddles 12:30: PM Stretch 1:00: All About Baby Animals 2:00: Country Music Boogie | |
| Wednesday 19 Lunch: BBQ Chicken Leg, Oven Potatoes, Summer Squash and Frosted Cake | 9:30: Bead Craft 10:30: Follow Me 11:00: Ring Toss 12:30: PM Stretch 1:00: Big Band Music 2:00: B Trivia | Hairdresser Is in |
| Thursday 20 Lunch: Beef Burgundy, Pasta, Green Beans and Fruit Cup | 9:30: Musical Painting 10:30: Artistic Creations 11:00: Famous Artists & Their Work 12:30: PM Stretch 1:00: Hot Potato 2:00: Hokey Pokey | |
| Friday 21 Lunch: Veal Pattie, Gravy, Sweet Potatoes, Broccoli and Pineapple Chunks | 9:30: Summer Craft 10:30: Fun in the Sun 11:00: Ice Cream Facts 12:30: PM Stretch 1:00: Picnics A - Z 2:00: Summer Memories | |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

June 24 - 28, 2019

Room: Lakeside

| | Activities | Extras |
|--|--|-------------------|
| Monday 24 Lunch: Cookout!!!! | 9:30: Book Marks 10:30: True or False 11:00: Yoga 12:30: PM Stretch 1:00: Buzz Words 2:00: What's in the Bag? | |
| Tuesday 25 Lunch: Baked Ham, Au Gratin Potatoes, Brussel Sprouts and Coffee Cake | 9:30: What Am I? 10:30: Items Found in... 11:00: Name Five 12:30: PM Stretch 1:00: Peter Allard!!! 2:00: Sing-a-long | |
| Wednesday 26 Lunch: Spaghetti & Meatballs, Tomato Sauce, Tossed Salad and Fruited Jell-O | 9:30: Bird Art 10:30: Would You Rather? 11:00: Today in History 12:30: PM Stretch 1:00: Expressions of Kindness 2:00: All About Birds | Hairdresser Is in |
| Thursday 27 Lunch: Scrambled Eggs, Sausage Pattie, Waffle, Syrup and Melon | 9:30: Match Up 10:30: Music Trivia 11:00: Music Memories 12:30: PM Stretch 1:00: Music Choice 2:00: LCR | |
| Friday 28 Lunch: Chicken Cesar Salad, Cheese Soup and Pudding | 9:30: What's in the Box? 10:30: World Trivia 11:00: Octaband 12:30: PM Stretch 1:00: Summer Songs 2:00: Short Stories | |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

3:00 – 5:00—Small Groups

Sensory Activities, 1:1 Time With Staff and Walks Offered Throughout The Day



Activities calendar

July 1- 5, 2019

Room: Lakeside

| | Activities | Extras |
|-------------------------------------|------------|-------------------------|
| Monday 27 Lunch: | | SEE JULY CALENDAR |
| Tuesday Lunch: | | SEE JULY CALENDAR |
| Wednesday 3 Lunch: | | SEE JULY CALENDAR |
| Thursday 4 Lunch: | | SEE JULY CALENDAR |
| Friday 5 Lunch: | | SEE JULY CALENDAR |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:30—Lunch

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Activities calendar

June 3 - 7, 2019

Room: Summit

| | Activities | Extras |
|---|---|--|
| Monday 3 Lunch: Chicken & Broccoli Alfredo, Pasta, Italian Blend Vegetables and Pears | 9:30: Monthly Gazette 10:30: June Trivia 11:00: Exercise 12:30: Walking Group 1:00: Wild Number Bingo 2:00: Summer Fun--YouTube | 1:00 Men's Group |
| Tuesday 4 Lunch: Salisbury Steak, Gravy, Mashed Potatoes, Spinach and a Cupcake | 9:30: 1970's Scramble 10:30: Hey, Good Buddy! 11:00: Exercise 12:30: Walking Group 1:00: 1970's Music 2:00: 1970's Fad & Fashion | 1:00 Discussion Group |
| Wednesday 5 Lunch: Chicken Marsala, Pasta, Vegetable Blend and Ambrosia | 9:30: June IQ 10:30: Who Am I? 11:00: Exercise 12:30: Walking Group 1:00: Musical Bingo 2:00: Horoscopes | 10:30 Bible Study Library 1:00 Women's Group Hairdresser Is in |
| Thursday 6 Lunch: Pizza, Tossed Salad, Dressing and Brownies | 9:30: Concentration Puzzles 10:30: Expressions of Kindness 11:00: Exercise 12:30: Walking Group 1:00: Bottom's Up 2:00: Flower Gardens | 11:00 Rosary Group Library 1:00 Men's Group Library 1:00 Social Work Group |
| Friday 7 Lunch: Roast Turkey, Gravy, Cranberry Sauce, Stuffing, Mashed Potatoes and Melon | 9:30: Daisy Cards 10:30: Upsy Daisy Day 11:00: Exercise 12:30: Walking Group 1:00: Ice Cream Social! 2:00: I am Thankful for..... | 1:00 Pain Management/ Mindfulness Group |

Note:

8:00 – 9:30---Coffee Social/Table Games

11:45—Lunch

3:00 – 5:00—Small Groups

Jigsaw Puzzles, Library, Computer, Walks, Individual Activities offered throughout the day.



Activities calendar

June 10 - 14, 2019

Room: Summit

| | Activities | Extras |
|--|--|--|
| Monday 10 Lunch: Swedish Meatballs, Pasta, Zucchini and Pudding | 9:30: Famous B-Days 10:30: Tell All 11:00: Exercise 12:30: Walking Group 1:00: Bottom's Up 2:00: Dear Melissa | 1:00 Men's Group |
| Tuesday 11 Lunch: Pulled Pork, Roll, Potato Salad, Tossed Salad and Peach Melba | 9:30: Wacky Wordies 10:30: This or That 11:00: Exercise 12:30: Walking Group 1:00: Tenna 2:00: Choices | 1:00 Discussion Group |
| Wednesday 12 Lunch: Macaroni & Cheese, Stewed Tomatoes and Apple Crisp | 9:30: Flag Day Craft 10:30: Flag Day Trivia 11:00: Exercise 12:30: Walking Group 1:00: U Pick Um! 2:00: Patriotic Music | 10:30 Bible Study Library 1:00 Women's Group Hairdresser Is in |
| Thursday 13 Lunch: Pesto Chicken, Couscous, Lettuce & Tomatoes and Fruit Cocktail | 9:30: Mel Brooks 10:30: A Whale of June 11:00: Exercise 12:30: Walking Group 1:00: Gary Landgren!! 2:00: What Am I? | 11:00 Rosary Group Library 1:00 Men's Group Library |
| Friday 14 Lunch: Soup and Sandwich, Pickled Beets and Cookies | 9:30: Sea Creature Add Up 10:30: Fish Stories 11:00: Exercise 12:30: Walking Group 1:00: Karaoke 2:00: Jacques Cousteau | 1:00 Pain Management/ Mindfulness Group |

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Room: Summit

| | Activities | Extras |
|---|--|--|
| Monday 17 Lunch: Hot Dog, Roll, Macaroni Salad, Pickled Beets and Ice Cream | 9:30: Do As You're Told 10:30: Barbara Says 11:00: Exercise 12:30: Walking Group 1:00: Bonanza Bingo 2:00: Big Band Music | 1:00 Men's Group |
| Tuesday 18 Lunch: Baked Fish, ½ Baked Potato, Peas & Carrots and Tropical Fruit | 9:30: Missing Numbers 10:30: EZ Does It 11:00: Exercise 12:30: Walking Group 1:00: Bingo 2:00: Let's Chat! | 1:00 Discussion Group |
| Wednesday 19 Lunch: BBQ Chicken Leg, Oven Potatoes, Summer Squash and Frosted Cake | 9:30: Mixed Up Steakhouse 10:30: This or That 11:00: Exercise 12:30: Walking Group 1:30: Name That Tune 2:00: Unexplained Mysteries | 10:30 Bible Study Library 1:00 Women's Group Hairdresser Is in |
| Thursday 20 Lunch: Beef Burgundy, Pasta, Green Beans and Fruit Cup | 9:30: Book Marks 10:30: Buzzed Words 11:00: Exercise 12:30: Walking Group 1:00: Three Strikes You're Out! 2:00: True/False | 11:00 Rosary Group Library 1:00 Men's Group Library 1:00 Social Work Group |
| Friday 21 Lunch: Veal Pattie, Gravy, Sweet Potatoes, Broccoli and Pineapple Chunks | 9:30: Picture This 10:30: Does it Belong? 11:00: Exercise 12:30: Walking Group 1:00: True or False? 2:00: YouTube Videos | 1:00 Pain Management/ Mindfulness Group |

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Activities calendar

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Room: Summit

| | Activities | Extras |
|--|--|--|
| Monday 24 Lunch: Cookout!!! | 9:30: Which One is Different? 10:30: Animal Riddles 11:00: Exercise 12:30: Walking Group 1:00: Bingo 2:00: Treasure Hunters | 1 p.m. Men's Group |
| Tuesday 25 Lunch: Baked Ham, AuGratin Potatoes, Brussel Sprouts and Coffee Cake | 9:30: Ad Libs 10:30: Memory Table 11:00: Exercise 12:30: Walking Group 1:00: PCM & Pick a Tune 2:00: Match Up | 1:00 Discussion Group |
| Wednesday 26 Lunch: Spaghetti & Meatballs, Tomato Sauce, Tossed Salad and Fruited Jell-O | 9:30: Music Trivia 10:30: Wacky Wordies 11:00: Exercise 12:30: Walking Group 1:00: Sandy Allen!!!! 2:00: Begins and Ends | 10:30 Bible Study Library 1 p.m. Women's Group Hairdresser Is in |
| Thursday 27 Lunch: Scrambled Eggs, Sausage Pattie, Waffle, Syrup and Melon | 9:30: It's a Guy Thing 10:30: Search for Directions 11:00: Exercise 12:30: Walking Group 1:00: Word in a Word 2:00: Ladder Ball | 11:00 Rosary Group Library 1:00 Men's Group Library |
| Friday 28 Lunch: Chicken Cesar Salad, Cheese Soup and Pudding | 9:30: Song Quiz 10:30: Logo Game 11:00: Exercise 12:30: Walking Group 1:00: Bingo 2:00: Dance Music! | 1:00 Pain Management/ Mindfulness Group |

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| Tuesday ² Lunch: | | SEE JULY CALENDAR |
| Wednesday ³ Lunch: | | SEE JULY CALENDAR |
| Thursday ⁴ Lunch: | | SEE JULY CALENDAR |
| Friday ⁵ Lunch: | | SEE JULY CALENDAR |

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