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).

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.

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

Tip of the month:

Maintain you 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.

APRIL 1 – 5, 2024

Room: LAKESIDE

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

APRIL 8 - 12, 2024

Room: LAKESIDE

Activitios		Extras
	Spa Sensory	MEN'S GROUP 10:30
10:30	Hand Massages	
11:00	Morning Stretch	
12:30	Giggles in the Garden	
1:00	Twister Toss	
2:00	Discussion Group	
9:30	Good News Only!	
10:30	Earth Day Discussion	
11:00	Morning Stretch	
12:30	Virtual Trip to Scotland	
1:00	Who Am I?	
2:00	Discussion Group	
9:30	Short Story/Chat	HAPPY BIRTHDAY
10:30	Name That Tune	Russell B!
11:00	Morning Stretch	
12:30	Can You Picture This?	
1:00	Horseshoes	MEN'S GROUP 1:00
2:00	Discussion Group	
9:30	Higher or Lower	Mindfulness Group in
10:30	Memory Game	the Library 1:00
11:00	Morning Stretch	
12:30	Bingo	
1:30	Funny Movie Clips	
2:00	Discussion Group	
9:30	Paper Umbrella Craft	HAPPY BIRTHDAY
10:30	Singing in the Rain Songs	Robert S. (13 th) and
11:00	Morning Stretch	Bonnie B (14 th)!
12:30	Walk on the Wild Side	
	-	
	12:30 1:00 2:00 9:30 10:30 11:00 12:30 1:00 2:00 9:30 10:30 11:00 12:30 1:00 2:00 9:30 10:30 11:00 12:30 10:30 11:00 12:30 10:30 11:00 12:30 10:30 11:00 12:30 10:30 11:00 12:30 10:30 11:00 12:30 10:30 11:00 11:00 12:30 10:30 11:00 11:00 12:30 10:30 11:00 11:00 12:30 10:30 11:00 11:00 12:30 10:30 11:00 10:3	9:30Spa Sensory10:30Hand Massages11:00Morning Stretch12:30Giggles in the Garden1:00Twister Toss2:00Discussion Group9:30Good News Only!10:30Earth Day Discussion11:00Morning Stretch12:30Virtual Trip to Scotland1:00Who Am I?2:00Discussion Group9:30Short Story/Chat1:00Who Am I?2:00Discussion Group9:30Short Story/Chat10:30Name That Tune11:00Morning Stretch12:30Can You Picture This?1:00Horseshoes2:00Discussion Group9:30Higher or Lower10:30Memory Game11:00Morning Stretch12:30Eingo1:30Funny Movie Clips2:00Discussion Group9:30Paper Umbrella Craft10:30Singing in the Rain Songs11:00Morning Stretch12:30Walk on the Wild Side11:00Morning Stretch12:30Walk on the Wild Side

APRIL 1	5 – 19,	2024
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Room: LAKESIDE

APRIL 15 - 19, 2024	Activities		Extras
12 122 224		Price is Right	
Monday	9:30	5	HAPPY BIRTHDAY
Lunch:	10:30	April A - Z	Joan B!
Sweet & Sour Chicken,	11:00	Morning Stretch	MEN'S GROUP 10:30
Stir Fried Rice, Asian	12:30	Never Have I Ever	
Style Vegetables and	1:30	True or False?	
Peaches	2:00	Discussion Group	
Tuesday	9:30	Daily Chronicle	
Lunche	10:30	Pass the Hat	
Lunch: Spaghetti & Meatballs,	11:00	Morning Stretch	
Salad and Cookies	12:30	Entertainment!	
	1:00	Terry Bradley!	
	2:00	Discussion Group	
Wednesday	9:30	Craft	MEN'S GROUP 10:30
	10:30	Family Feud	
Lunch:	11:00	Morning Stretch	
Roast Turkey, Gravy, Mashed Potatoes,	12:30	Word Jumble	
Butternut Squash and	1:00	Karaoke	
Tropical Fruit	2:00	Discussion Group	
Thursday	9:30	Bird Sensory Activity	Mindfulness Group in
	10:30	Short Story	the Library 1:00
Lunch:	11:00	Morning Stretch	
Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	12:30	Travel to Scottish Highlands	
	1:00	Soccer to Music	
	2:00	Discussion Group	
Friday	9:30	Spring Zen Coloring	HAPPY BIRTHDAY
-	10:30	Sing-a-long	Lula H!
Lunch:	11:00	Morning Stretch	
Pizza, Tossed Salad and Fruited Jell-O	12:30	Family Feud	
and Finited Jell-O	1:30	Movie Time	
	2:00	Discussion Group	

APRIL	. 22 -	- 26,	2024
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Room: LAKESIDE

ActivitiesExtrasMonday9:30Celebrating Earth DayLunch:10:30Slide ShowSalisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit11:00Morning Stretch12:30Music with Instruments12:301:30I Love LucyIcove LucyCocktail2:00Discussion GroupTuesday9:30Let's Plan a Garden10:305 Second RuleHapper 1:00Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake11:00Morning Stretch1:301:30Virtual Trip to Bronx Zoo2:00Wednesday9:30Spring CraftHAPPY BIRTHDAYNed Fish, Baked Potato, Peas & Carrots and Pears11:00Morning Stretch1:00America's Got Talent12:30Mustang Day Slideshow1:00Discussion Group10:30Let's Make a Deal11:00Morning Stretch12:30Mustang Day Slideshow1:00America's Got Talent2:00Discussion Group	
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Lunch:11:00Morning StretchSalisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit12:30Music with Instruments1:30I Love LucyCocktail2:00Discussion GroupTuesday9:30Let's Plan a GardenMindfulness Group in the Library 1:00Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake12:30BingoWednesday9:30Virtual Trip to Bronx Zoo Discussion GroupHAPPY BIRTHDAY Ron Y!Wednesday Baked Fish, Baked Potato, Peas & Carrots and Pears11:00Morning Stretch1:00America's Got Talent 2:00Discussion GroupUnch: Discussion Group11:00Morning StretchUnch: Daked Fish, Baked Potato, Peas & Carrots and Pears12:30Mustang Day Slideshow 1:001:00Discussion Group12:30	
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Peas & Carrots and Pears 12:30 Mustang Day Slideshow 1:00 America's Got Talent 2:00 Discussion Group	
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Thursday 9:30 Arbor Day Trivia HAPPY BIRTHDAY	
10:30 Horseshoes Linda B and Jeanne	
Lunch: 11:00 Morning Stretch J!	
Swedish Meatballs, Ziti, 12:30 Entertainment!	
Vegetable Blend and Coffee Cake 1:00 Wayne Paige!	
2:00 Discussion Group	
Friday 9:30 Hand Massages HAPPY BIRTHDAY	
10:30 Chicken Soup for the Soul Carol P!	
Lunch: 11:00 Morning Stretch	
Pulled Pork, Roll, Potato	
Salad, Coleslaw and 12.00 Fond Online Barloing Pudding 1:00 Basketball	
2:00 Discussion Group	

APRIL 29 - MAY 3, 2024

Room: LAKESIDE

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

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Торіс	Date/Time	Location	Contact	Sponsoring site
Caregiver tools and community	APRIL 9	108 Thompson Road, Webster,	Bessie Bechthold 1-774-317-6700	WEBSTER
resources to reduce stress and	FROM	MA		
increase	3:00 - 4:30			
Reducing	APRIL 11	288 Grove Street	Martha Douty	WORCESTER
caregiver stress: National Stress	FROM	Worcester, MA	1-508-852-2026	
Awareness Month	2:00 to 3:30			
Living comfortably as a flawed	APRIL 25	55 Cinema Boulevard	Donna Ferro 1-978-401-3100	LEOMINSTER
human being &	FROM	Leominster, MA		
caregiver!	2:00 – 3:30			
HOW TO USE	APRIL	101 Wason Ave	Liz Ciak	SPRINGFIELD
MUSIC TO	FROM	Springfield, MA	1-413- 272-6192	
CONNECT	2:00-3:00			
FEELING	APRIL 17	1081 Varnum Ave. Lowell, MA	Maura Ammon 1-978- 427-6823	LOWELL
STRESSED AND	FROM		1 010- 121-0020	
BLESSED?	2:00 – 3:00			

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.

APRIL 1 - 5, 2024

Room: SUMMIT

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

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.

APRIL 8 – 12, 2024

Room: SUMMIT

	Activities		Extras
Monday	9:30	Wacky Wordies	MEN'S GROUP 10:30
Monday	10:30	April Riddle Jumble	
Lunch:	11:00	Morning Stretch	
Chicken & Broccoli	12:30	Word Mining	
Alfredo, Ziti, Green Beans and Pudding	1:30	Funny Mix-Ups	
5	2:00	Discussion Group	
Tuesday	9:30	Flower Craft	
Tuesday	10:30	Baby Boomers Memories	
Lunch:	11:00	Morning Stretch	
Stuffed Sole, Lemon Dill Sauce, Brussel Sprouts,	12:30	Bingo	
Oven Roasted Potatoes,	1:30	One More Time Skit	
& Mandarin Oranges	2:00	Discussion Group	
Wednesday	9:30	Monthly Gazette	HAPPY BIRTHDAY
wednesday	10:30	Scotland Trivia	Russell B!
Lunch:	11:00	Morning Stretch	
Meat Lasagna, Italian Blend Vegetables, and a	12:30	Bingo	MEN'S GROUP 1:00
Cupcake	1:30	Spring Flowers A - Z	
	2:00	Discussion Group	
Thursday	9:30	Catch and Release Talk	
-	10:30	Travel Brief	
Lunch:	11:00	Morning Stretch	
Country Fried Chicken Steak, White Gravy,	12:30	Volleyball	
Carrots, Mashed Potatoes and Fruit Cup	1:30	Sports Bloopers	
	2:00	Discussion Group	
Friday	9:30	Spring Craft	HAPPY BIRTHDAY
	10:30	Concentration	Robert S. (13 th) and
Lunch:	11:00	Morning Stretch	Bonnie B (14 th)!
Macaroni and Cheese, Stewed Tomatoes, and an	12:30	Wheel of Fortune	
Ice Cream Treat	1:30	My First	YARN GROUP 1:00
	2:00	Discussion Group	

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.

APRIL 15 - 19, 2024	291.c.		Room: SUMMIT
	Activities		Extras
Monday	9:30	Remembering W. Cronkite	HAPPY BIRTHDAY
Lunch:	10:30	Weather Fun Facts	Joan B!
	11:00	Morning Stretch	MEN'S GROUP 10:30
Sweet & Sour Chicken, Stir Fried Rice, Asian	12:30	Bingo	
Style Vegetables and	1:30	Willie Nelson Trivia	
Peaches	2:00	Discussion Group	
Tuesday	9:30	Pros and Cons	
-	10:30	List It	
Lunch:	11:00	Morning Stretch	
Spaghetti & Meatballs, Salad and Cookies	12:30	Entertainment!	
	1:00	Terry Bradley!	
	2:00	Discussion Group	
Wednesday	9:30	Arbor Day Craft	MEN'S GROUP 10:30
weunesday	10:30	Planting Up a Storm!	
Lunch:	11:00	Morning Stretch	
Roast Turkey, Gravy, Mashed Potatoes,	12:30	Karaoke	SUMMIT SINGERS 12:30
Butternut Squash and	1:30	Summit's Got Talent!	
Tropical Fruit	2:00	Discussion Group	
Thursday	9:30	What's Cooking?	
	10:30	Chat Pack	
Lunch:	11:00	Morning Stretch	
Meatloaf, Gravy, Mashed Potatoes, Carrots and Brownies	12:30	Bingo	
	1:30	Current Events	
	2:00	Discussion Group	
Friday	9:30	Patriotic Wind Catcher	HAPPY BIRTHDAY
-	10:30	Old Soldiers Never Die	Lula H!
Lunch:	11:00	Morning Stretch	
Pizza, Tossed Salad and Fruited Jell-O	12:30	San Antonio Fiesta Day	
	1:30	Texas Songs Karaoke	YARN GROUP 1:00
	2:00	Discussion Group	

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.

APRIL 22 - 26, 2024			Room: SUMMIT
	Activities		Extras
Monday	9:30	Earth Day Celebration	MEN'S GROUP 10:30
	10:30	Good News Only	
Lunch:	11:00	Morning Stretch	
Salisbury Steak, Onion Gravy, Mashed Potato, Green Beans and Fruit Cocktail	12:30	Family Feud	
	1:30	5 Second Rule	
	2:00	Discussion Group	
Tuesday	9:30	Ribbon and Lace Bookmark	
	10:30	Earth Day Word Mining	
Lunch: Chicken Cordon Bleu, Supreme Sauce, Wild Rice, Broccoli, and Carrot Cake	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	HAPPY BIRTHDAY Ron Y! MEN'S GROUP 1:00
	10:30	Summit Singers	
	11:00	Morning Stretch	
	12:30	Bingo	
	1:30	2 Truths, 1 Lie	
	2:00	Discussion Group	
Thursday Lunch: Swedish Meatballs, Ziti, Vegetable Blend and Coffee Cake	9:30	Mark Hearald Collage	HAPPY BIRTHDAY Linda B and Jeanne
	10:30	Mark Hearald Bio	
	11:00	Morning Stretch	J!
	12:30	Entertainment!	
	1:00	Wayne Paige!	
	2:00	Discussion Group	
Friday	9:30	Word Pyramid	HAPPY BIRTHDAY
Lunch: Pulled Pork, Roll, Potato Salad, Coleslaw and Pudding	10:00	Memory Game	Carol Punch! YARN GROUP 1:00
	10:30	Morning Stretch	
	12:30	Pokeno	
	1:30	Believe It or Not!	
	2:00	Discussion Group	

 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.

APRIL 29 - MAY 3, 2024

Room: SUMMIT

A THE 23 - MAT 3, 2024			
	Activities		Extras
Monday	9:30	Famous Phrases	MEN'S GROUP 10:30
	10:30	Wheel of Fortune	
Lunch:	11:00	Morning Stretch	
Ham Steak, Pineapple Sauce, Mashed Potatoes, Carrots and Ice Cream Sandwich	12:30	Bingo	
	1:30	Borrowed Laundry Skit	
	2:00	Discussion Group	
Tuesday	9:30	Memory Table	HAPPY BIRTHDAY
	10:30	May A - Z	Jean M!
Lunch:	11:00	Morning Stretch	
Turkey Pot Pie, Salad and Peach Melba	12:30	Bingo	
	1:30	Chat Pack	
	2:00	Discussion Group	
Wednesday			
Lunch:			PLEASE SEE
Lunch.			
			MAY CALENDAR
Thursday			
Lunch:			PLEASE SEE
Lunon.			
			MAY CALENDAR
Friday			
Lunch:			PLEASE SEE
			MAY CALENDAR

 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.