

Health & Wellness Clinic

The Worcester Senior Center has a Health and Wellness Clinic on the second floor. Clinic screening programs such as blood pressure, vision, and hearing are held regularly. Other programs are offered by appointment only, such as massage therapy, dental services and podiatry.

Fitness, Social and Recreational Programs

Programs are primarily designed for and targeted to people age 60 and older. Worcester residents receive priority when space is limited.

The Worcester Senior Center offers a variety of programs during the course of the year. Please check the Senior Scoop newsletter for classes, beginning dates and times and any applicable fees. Some program examples include: Osteoporosis Prevention, Walking Club, Tai Chi, Over 50 Exercise, Yoga, Ballroom Dancing, Senior Aerobics, Quilting, Crochet for Fun, Quilling, Beading, Flower Arranging, Cribbage, Bridge, Bocce, Craft Club, Book Club, Mandarin Language Classes and the ever popular "Friday Flick," just to name a few.

Nutrition Program

Elder Services of Worcester Area, Inc. operates a lunch site at the Worcester Senior Center, Monday through Friday (excluding state and federal holidays). This program is for persons aged 60 and over (and their spouses regardless of age). Suggested donation is \$2.50 per meal. Guests and staff under age 60 will be charged a fee. The menu is available in the Senior Scoop newsletter. Reservations must be made by 10:30 a.m. two days before by calling (508) 799-8070 or by visiting the lunch registration desk.

Multicultural Programming

The Worcester Senior Center recognizes the rich diversity in the elder population of Worcester. Multicultural programming has been created to encourage participation at the Senior Center and the sharing of cultures. African American, Albanian, Bhutanese, Chinese, Latino and Vietnamese Elder Groups meet regularly. Other ethnic programs also enrich the Senior Center experience. Interpreters are available by pre-arrangement. Please check the Senior Scoop newsletter for dates and times of meetings and events.