

Melissa Bouvier, Director

July 2023

GLOCESTER SENIOR CENTER



July News

1210 Putnam Pike , Chepachet, RI 02814 401-567-4557 www.glocesterri.org

If you have questions and/or want help with plan choices or any other Medicare/Medicaid questions we can help you. Come and speak with Medicare SHIP Counselor Guy Boulay he is available the 2nd Monday of every month.

Appointments Required

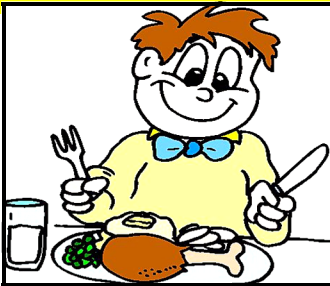
Please see Melissa



LUNCH Reservations

Must be made by Wednesday the week before you wish to eat.

(401) 567-4557



Meetings:

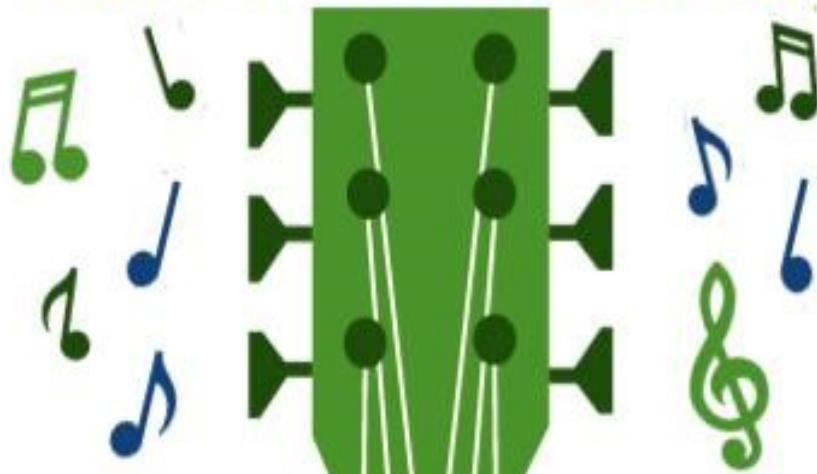
KWV

7/11@ 2:00pm

Town Council

7/20@ 7:30pm

Glocester 2023 Summer Concerts



The Jesse Liam Band
Wed. June 28 6:30PM
Kent Field Pavilion

Kickin' Brass Band
Wed. July 19 6:30PM
Chepachet Union

Brass Attack
Wed. July 5 6:30PM
Kent Field Pavilion

Atwater Donnelly
Wed. July 26 6:30PM
Chepachet Union

Whiskey Road Band
Wed. July 12 6:30PM
Kent Field Pavilion

Greystone Rail
Wed. Aug 2 6:30PM
Chepachet Union

Contact us: 401.568.6206 ext. 224 • Follow us on Facebook @glocesterrec

Crafting with Roseann

July 20th @ 10:00am

We will be making a
Mini Patriotic Wreath Pin
Please RSVP with Melissa



Nutrition Labels 101 and Cooking

Demo: July-25 11:00 am

Is what you are eating real food or a lab experiment? Recognizing food ingredients and understanding Nutrition Facts labels can lead to healthier food choices. Participants will learn how to make sense of food labels in addition to tips on interpreting the meaning behind popular food package claims. Also, enjoy a cooking demonstration and samples from Chef Kevin Millonzi



July 20th at 10:30

Cheryl Tudino, Social Security Public Affairs Specialist, will be visiting on to provide a presentation on Retirement, Medicare, Survivor and other benefits available through the Social Security Administration.

She has the answers to all those burning Social Security questions that you may have. Such as...Did you know that your spouse may be eligible for a Spousal Benefits off of your record? When is the best time to start collecting your Retirement benefits? Will Social Security be available in the future for me? How will I be impacted financially as a widow/widower? Also an overview will be provided on how to access these services, whether it be online with MySSA , in-person or over the telephone. She will discuss the new re-entry service model, post pandemic office closures.

AGING WELL INC., 84 Social Street

Woonsocket, RI 401-766-3734

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tossed salad Pub burger w/ cheese Baked beans Pasta salad Watermelon - roll Hot dog w/roll	4 Closed in observance of Independence day	5 Fresh fruit cup Crispy roasted chicken thigh Roasted sweet potato salad Zesty green beans Roll Cookie Chef salad	6 Minestrone soup Lasagna roll up w/meat sauce Roasted potato Broccoli florets Snowflake roll Fruit Chicken salad on wheat	7 Tomato soup Salisbury steak w gravy Mashed potato Mixed vegetables Fruit, Roll Spinach salad w/ chicken
10 Pasta & bean soup Shepards pie Mashed potato Multi grain roll Pudding Ham & cheese club	11 Lentil & bean soup Beef tips w/ gravy Roasted sweet potatoes Green beans Fruit Sliced multi grain bread Seafood salad on wheat bread	12 Greek cucumber salad Chicken cordon bleu Rice pilaf w/ mushrooms Mixed vegetables, Roll Oatmeal raisin cookie Roast Beef on a WW roll	13 Minestrone soup BBQ pulled pork sandwich Cole slaw Orzo salad Roll Cake Turkey on wheat	14 Tomato soup Sausage & pepper sandwich Green bean salad Roasted potato Ww roll, Jello Egg salad sandwich
17 Vegetable soup Chicken cacciatore Roasted potato salad Mixed vegetable Roll Fruit Seafood salad plate	18 PIZZA	19 Chicken soup Meatball & pepper sandwich Roasted potato Cucumber cranberry apple salad, Roll, Cookie Tuna salad plate	20 Tomato soup Sloppy joe 3 – bean salad Chips - roll Cake Chicken sandwich	21 Tossed salad Fruit cup Beef stew Ww roll Pudding Ham & Cheese on rye
24 Greek cucumber salad Meatball (1) Stuffed shell (1) Mixed vegetables Garlic bread Cake Cobb salad	25 Mushroom barley soup Smothered pork chop w/apples & peppers Parsley potatoes- Fruit Zucchini w/ plum tomato - roll Egg salad on multi grain roll	26 Navy bean soup Liver & onions Mashed potatoes Peas Watermelon - roll Grilled veggie salad w/chicken	27 Minestrone Soup Chicken marsala Roasted broccoli & cauliflower Rice pilaf, Cookie Ham & Swiss	28 Fresh fruit w/ cottage cheese Open turkey sandwich Stuffing Cole slaw Ww roll – pudding Chicken Salad on wheat
31 Vegetable soup Lemon chicken Potatoes O'brien Sliced carrots Whole Wheat roll - cookie Turkey & Swiss/whole wheat				

WELCOME!
Our suggested donation is \$3.00 per meal.

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.


SERVING SIZES

- Grains – 2 ounces
- Vegetables – ½cup
- Fruits – ½ cup
- Protein – 3 ounces
- Dairy – 1 cup



****PLEASE NOTE:** Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Strength training.....9:00 Co. Line dance.....9:30 Essentrics.....10:15 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	4. 	5. Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....NO Knitting.....2:00	6. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00	7. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
10. Strength training.....9:00 Co. Line dance.....9:30 Essentrics.....10:15 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	11. Yoga.....9:15 Bone builders.....10:30 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00 Inhouse Pool Tournament 1:00	12. Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Knitting.....2:00 KWV.....2:00	13. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00	14. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
17. Strength training.....9:00 Co. Line dance.....9:30 Essentrics.....10:15 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	18. Tech Support.....9:00-11:30 Yoga.....9:15 Bone builders.....10:30 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00	19. Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Paul Brule.....1:30 Knitting.....2:00	20. Strength training.....9:00 Chair Yoga.....9:15 Crafting w/ Roseann.....10:00 Pastel Art.....10:15 Walk fit.....10:15 Cheryl Tudino.....10:30 Hi Lo Jack.....1:00	21. Mahjongg.....9:00 No Bone Builders.....No Blood pressure clinic....10:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
24. Strength training.....9:00 Co. Line dance.....9:30 Essentrics.....10:15 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	25. Yoga.....9:15 Bone builders.....10:30 BCBS labels 101 & Food Demo11:00 Samba.....1:00 Bingo.....1:30 Tai Ji Quan.....1:00	26. Essentrics.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Tai Ji Quan.....1:00 Declutter with Katie.....1:30 Knitting.....2:00	27. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Walk fit.....10:15 Hi Lo Jack.....1:00 Aunt Carries.....3:30	28. Mahjongg.....9:00 Bone Builders.....9:15 Glucose Screening.....10:00 Keep Moving.....10:30 Cribbage.....1:00 Inhouse pool Tournament Bingo.....1:30
31. Strength training.....9:00 Co. Line dance.....9:30 Essentrics.....10:15 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00				



Wednesday, July 19th @ 1:30

Attorney Paul A. Brule will be here to discuss and answer your questions on how to protect yourself from nursing homes, probate and taxes. He will also be addressing topics such as Wills, Trusts, Powers of Attorney, Medicaid and other related concerns that you might have. He is a Rhode Island attorney with over thirty (30) years of experience, as well as the author of a monthly legal column in the Senior Digest. Come and meet the author!



Are you considering a move?
Ready to downsize and declutter
but not quite sure where to start?

Join Katherine (Katie) Riley, a Realtor with the J. Christopher Real Estate group as she goes over the process step by step. Katie is a native Rhode Islander and is a designated Sr. Real Estate Specialist. Brian Mahone will also be joining Katie. Brian is a lender at Washington Trust who specializes in reverse mortgages and will discuss the features and benefits that type of loan can provide. Information from additional vendors such as movers, estate sale companies, consignment shops and attorneys will also be available. Please RSVP with Melissa.

Wednesday, July 26th @ 1:30

Breaks for Caregivers

Peace of mind while your away from a loved one.

A caregiver is a person caring for another person. Caregivers often balance full-or part-time caregiving for loved ones or friends while dealing with everyday responsibilities.

Self care is just as important as caregiving. As caregivers, it's important to balance caring for yourself and the health and well being of your loved one.

Say Hello to CareBreaks, a cost share program in RI that provides unpaid caregivers a short-term break from the daily responsibility of caregiving while their loved ones receive supervision and personal care from a qualified individual.

To learn if you are eligible, call The Point (401) 462-4444

To contact the CareBreaks program, call (401) 421-7833

Ext.212

Fresh produce boxes will be available in the Fall. If you are interested you can sign up at the greeters station.

Qualifications do apply.





JOIN **GLOCESTER SENIORS**
ON A FOSTER'S DOWNEAST CLAMBAKE &
ISLES OF SHOALS CRUISE

THURSDAY, AUGUST 24, 2023
\$139 PER PERSON

YOUR MOTORCOACH WILL DEPART :

9:00am—Glocester Senior Center
Approximate Return 7:00pm

Join us on a fun-filled delicious day trip to Maine!

Join Bloom Tours as we travel to Maine for a lunch and cruise you don't want to miss. We will begin at Foster's Downeast Clambake in York, Maine. This lunch will include Maine Lobster, Maine Steamers and Mussels, Clam Chowder, Corn on the Cobb, Potatoes, Onions, Rolls and Blueberry Crumb Cake. While feasting, you will enjoy live entertainment with a dose of humor. After this amazing lunch, we're off to Portsmouth, NH for a 3 hour narrated Isles of Shoals tour aboard the 348 passenger Victorian Steamship. We will learn why this chain of 9 islands located off the beautiful Portsmouth coast is an important part of New Hampshire history. On this cruise we will see the isle of Shoals, three lighthouses, the "Alcatraz of the East" naval prison, and the oldest active Naval Shipyard as well as many tugboats and naval ships. It's like getting two trips in one!

Please reserve no later than July 31, 2023

Trip Operated By Bloom Tours

Contact: Melissa Bouvier (401-567-4557) / Check payable to: Glocester Senior Center

Full Payment Due Upon Reservation

Name: _____

Phone: _____ Address: _____

Emergency Contact:

Name: _____ Phone: _____

Meal choices: _____ Lobster _____ Chicken

Booking your trips through the Glocester Senior Center helps to support our activities

2023 GSC Trips



July 12th-Pilgrim Belle- \$130

July 27th- Small Bus trip to Aunt Carries 3:30pm \$3

August 24th- Fosters Down East Clambake and Isle of Shoals- \$139

September 21st- The Big E- \$70

October 19th-Foliage Turkey Train Tour- \$115

November 14th- Vaillancourt and Lunch- \$125

December 13th Bright Nights and The Golden Coral- \$95