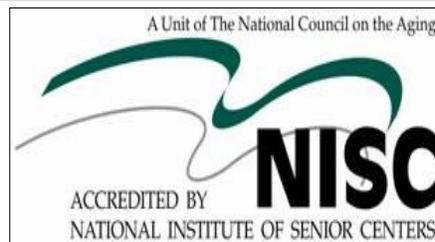


East Providence Senior Activity Center

August 2015



VJ Day

Monday, August 10th

Victory over Japan Day (also known as **Victory in the Pacific Day**, **V-J Day**, or **V-P Day**) is a name chosen for the day on which Japan surrendered, in effect ending World War II, and subsequent anniversaries of that event. The term has been applied to both of the days on which the initial announcement of Japan's surrender was made – to the afternoon of August 15, 1945, in Japan, and, because of time zone differences, to August 14, 1945 (when it was announced in the United States and the rest of the Americas and Eastern Pacific Islands) – as well as to September 2, 1945, when the signing of the surrender document occurred, officially ending World War II. Rhode Island is the only state that celebrates it as a state holiday, though other communities hold ceremonies in remembrance.

Navigating the Supermarket When you have Diabetes

Tuesday, August 4, 2015 @ 9:45 am

Low Fat, Sugar Free, Reduced Sodium, All Natural.....

How do you know where to begin?

**We will leave from the Senior Center by bus and return before
11:30 am**

Join Certified Diabetes Educators who will show you how to make healthy choices while food shopping without getting misled by advertising. Space is limited and you must be registered prior to the departure. Contact the Health, Nutrition and Diabetes Education Office to register at 401-435-7800 ext. 6 or 7.



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610 Waterman Avenue East Providence, RI 02914

401.435.7800 Fax. 401.435.7803

eastprovidence.com

HIGHLIGHTS

Tuesday, August 4th

Wellness Screenings 9:00am

Wednesday, August 5th

Clinical Lab 8:30am

Stroke Club 1:30pm

Thursday, August 6th

SNAP Ed 11:00am

Friday, August 7th

Blood Pressures 10:30am

Monday, August 10th

CLOSED FOR VJ DAY

Tuesday, August 11th

Diabetes Ed 9:30am

Wednesday, August 12th

Blood Pressures 10:30am

Monday, August 17th

Caregivers Support 10:30am

Tuesday, August 18th

Diabetes Ed 9:30am

Thursday, August 20th

Retired Teachers 10:00am

Blood Pressures 10:30am

AARP Board Meeting 1:00pm

Red Hatters 1:30pm

Tuesday, August 25th

Diabetes Ed 9:30am

Blood Pressures 10:30am

Wednesday, August 26th

RSVP 1:00pm

Thursday, August 27th

Podiatrist 8:00am

Diabetes Support 1:00pm

Monday, August 31st

Computer Assistance 2:00pm

Diabetes Outpatient Education Classes

“Living Well with Diabetes Class”

Nurse Mary Jane will be conducting two different Diabetes Ed classes in September & October.

Location: Atria Bay Spring, Barrington

Mondays 1:30 – 3:30 pm

Sept. 14th, 21st, 28th, and Oct. 5th

Location: East Providence Senior Center

Mondays 9:30 – 11:30 am

Sept. 28th, Oct. 5th, 19th, and 26th

Your Health Insurance will cover one complete 4 day session per year. Classes are taught by Certified Nurses, Dietitians, and Pharmacists. Learn the skills to successfully manage your diabetes and meet others with this disease.

You are not alone!

Please contact the center’s health office at 435-7800, Ext. 7 with any questions and to register.

Class size is limited.

Pre-registration is required.

ATTENTION

Walking Club

Day has been changed to
Wednesdays at 9:00 am.

Support Groups

Stroke Club

Wednesday, August 5th

1:30pm - 3:00pm

The Stroke Club meets on the first Wednesday of each month and provides entertainment, education, support, socialization, refreshments, and transportation for stroke survivors and their caregivers.

In-Sight Support

12:45pm - 3:00pm

In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.
(No Meeting in August)

Caregiver's Support

Monday, August 17th

10:30am - 11:30am

This support group is held the third Monday each month. The sessions offer support and sharing for those who are caring for others.

Diabetes Support

Thursday, August 27th

1:00pm - 2:30pm

Open meeting held monthly for people with diabetes to meet for mutual support. The group meets the fourth Thursday of each month.

General Services

Elder Resource Specialist

Our Elder Resource Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs.

Nutrition Program

The center provides a nutritional meal to approximately 100 seniors per day. The Cranston Senior Center provides the meals. See menu on back cover.

Case Management / Senior Services

The center coordinates with East Bay Community Action Program Inc., for all casework and follow-ups. Protective Services Council, made up of city departments and mental health/social service agencies, meets monthly to discuss problems concerning the elderly.

Transportation

The center provides door-to-door transportation to and from the center.

Notary

This service is available in the Administration Office at no charge.

Seminars

Monthly social, educational, and financial seminars on topics relating to seniors.

Gift Shop

The gift shop has many different items for the convenience of the seniors. Small items from candy and greeting cards to jewelry, Boyd's Bears, handmade items and crafts.

Weekly/Monthly Programs

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www.glasbergen.com

Monday

- 9:00am Tax Preparation (Feb. & March)
- 9:00am Intermediate Yoga
- 10:30am Beginners Yoga
- 10:30am Caregivers Support Group (3rd Monday)
- 1:00pm Pokeno
- 2:00pm Ballroom Dancing

Tuesday

- 9:30am Aerobics Exercise
- 9:30am Watercolor Class
- 11:00am Tai Chi
- 12:30pm Watercolor Class
- 1:25pm BINGO

Wednesday

- 7:00am Beginners Yoga
- 8:30am East Side Lab (1st Wednesday)
- 9:00am Walking Club
- 9:00am Blended Yoga
- 10:00am Scrabble
- 10:45am Chair Exercise
- 1:00pm Cribbage
- 1:30pm Stroke Club (1st Wednesday)

Thursday

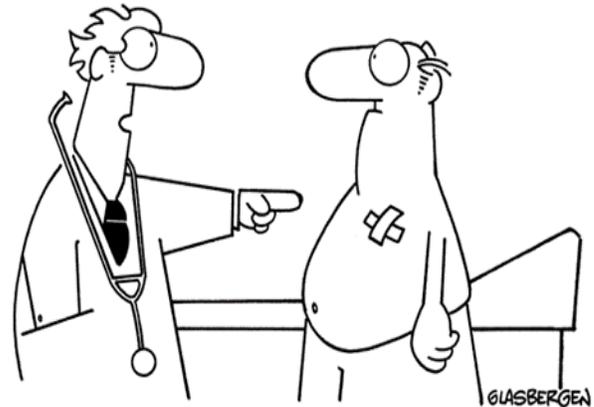
- 7:30am Yoga
- 9:30am Aerobics Exercise
- 12:45pm Bridge
- 1:00pm Craft Class
- 1:00pm Diabetes Support Group (4th Thursday)

Friday

- 9:00am Billiard League
- 10:00am Scrabble
- 10:45am Chair Exercise
- 11:00am Meditation Class
- 12:45pm In-Sight Support Group (3rd Friday)
- 1:20pm Hi Lo Jack League

Daily

- 8am-4pm Fitness Center
- 9am-3pm Library
- 8am-4pm Computer Games
- 9am-11am Coffee An
- 11:45am Lunch
- 2:00pm Coffee Hour



“Whenever your cholesterol gets too high, a sensor will send out a signal that automatically locks the kitchen door and turns on your treadmill.”

Computer/IPad Assistance

Monday, August 31st
2pm to 4pm

On the last Monday of every month, two students from MTTI career training school assist any member with computer questions. These volunteers try to resolve your computer problems, and help you with a computer course you may be taking.

Library

9am—3pm Daily

The library is a warm and lovely place for people to choose a good book and read in a nice quiet area. We have current magazines for your enjoyment along with a great assortment of movie CD's in the library.

Live your life and forget your age.

Norman Vincent Peale

1898 - 1993

Activities

Crafts

Thursday 1:00pm

Craft class makes dolls for Hasbro Children's Hospital and cancer pillows for Women & Infants Hospital. Other "make and take" crafts are demonstrated.

Watercolor

Tuesday 9:30am & 12:30pm \$5

Watercolor for all levels of talent. Some of the participants fantastic artwork is displayed throughout the center. Class size is limited.

Meditation for You

Friday 11 am

Have you ever thought you would like to learn to meditate? Would you like more information on the health benefits of meditation? Ann Marie Sabula RD and Ellen Frazier lead a weekly meditation group at the senior center on Friday mornings @ 11 am. This program is free and open to all members.

Card Games

Pokeno	Monday	1:00pm
Cribbage	Wednesday	1:00pm
Bridge	Thursday	12:45pm
Hi Lo Jack League	Friday	1:20pm

Ballroom Dancing

Monday \$3

Learn or relearn all the old moves on the ballroom dance floor as well as some new ones.

Singles are welcome.

Fitness Center

Our fitness room is open Monday through Friday 8am to 4pm. The fitness room has treadmills, recumbent bikes, elliptical machines, hand weights, and six dual weight machines. Features include: a matted floor, mirrored walls, water cooler, stereo, and cable TV. You must have approval from your physician to participate in this program. Forms can be obtained in the Administration Office. The fee is \$40 for a one year membership, \$45 for non-residents.

Exercise / Fitness

Yoga and Blended Yoga \$3

Yoga classes at the EPSC come in three varieties: Beginner, Intermediate, and Intermediate Blended with Bone Builders. How do you know which class is right for you?

All classes involve a variety of gentle yoga poses: standing, seated in chairs, and doing poses on the yoga mat. All classes offer the benefits from yoga of enhancing your strength, flexibility, balance, breathing and relaxation. So how are they different?

Intermediate Yoga is offered on Monday at 9:00 AM. It is appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga Mondays at 10:30 am and Thursdays at 7:30am This class is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

On Wednesdays at 9:00 AM is the **Yoga and Bone Builders Blend**. We warm up with gentle yoga. Next we move into stretches and weight-lifting exercises specifically designed to enhance muscle strength, balance, and breathing. We then cool down with restorative yoga poses and ten minutes of Savasana (relaxation pose).

Aerobics

Tuesday & Thursday 9:30am \$2

Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Tai Chi

Tuesday 11am \$3

This ancient art form of exercise has been proven to reduce stress as well as chronic pain. Tai Chi also reduces heart rate, and calms the mind and body.

Chair Exercise

Wednesday/Friday 10:45am Free

A proper balance of exercise and rest can help relieve stiffness and maintain or improve your joint mobility and muscle strength.

YOUR HEALTH

Is always our concern

Diabetes Outpatient Education Classes

Your Health Insurance will cover one complete 4 day session per year. Classes are taught by Certified Nurses, Dietitians, and Pharmacists. Learn the skills to successfully manage your diabetes and meet others with this disease. You are not alone!

Please contact the center's health office at 435-7800, Ext. 7 with any questions and to register.

Class size is limited. Pre-registration is required.

Blood Pressure Clinics

10:30–11:30am

Friday, Aug. 7th Sponsored by **Orchard View Manor**

Wednesday, Aug. 12th Sponsored by **Waterview Villa**

Thursday, Aug. 20th Sponsored by **Evergreen House**

Tuesday, Aug. 25th Sponsored by **Hattie Ide Chaffee**

Dieticians

Ann Marie Sabula and Mary Proietta, Registered Dieticians are available for appointments in the health office. They will counsel you in private about your personal nutritional needs and insurance covers these visits. They are also certified diabetes educators. To schedule a visit, stop by the health office or call us at 435-7800 Ext. 1

Questions for Nurse M. J.

I don't really understand what atherosclerosis is and if I really need to take medications for it?

I don't really want to add another medication if I don't need to.....

Atherosclerosis is listed as the number one cause of premature death in the United States. It is the narrowing of arteries which are blood vessels that carry a fresh supply of oxygen-rich blood to the heart, brain, intestine and all other organs in your body. The narrowing is caused by the buildup of plaques in your artery walls. These plaques are filled with LDL cholesterol, also known as the bad cholesterol. As the plaques grow and buildup they begin to block off the flow of the blood. At first the blockage may be small enough where there may be no consequences. But if the plaque grows large, it can starve the organ which is being fed by the artery. This is not the worse that can occur, if the plaque should become inflamed it can rupture spilling the cholesterol inside into the artery. This can cause a clot to form that can completely block the artery and disrupt the flow of blood to vital organs. Without nutrients and oxygen that are carried in the blood organ's cell may die or suffer severe damage. This is how most heart attacks and many strokes happen.

The good news is there are many things you can do to reduce your risk of atherosclerosis. For example:

- ◆ Don't smoke
- ◆ Maintain an ideal body weight
- ◆ Choose a healthy diet rich in vegetables and fruits; use healthy fat oils – monounsaturated (olive) and polyunsaturated (safflower, peanut, canola) – for cooking emphasize fish and plant protein sources (soy, beans, legumes)
- ◆ Exercise regularly
- ◆ Control high blood pressure, which you may need the help of one or more medications to do this well
- ◆ If you have diabetes you must control your blood sugar, again you may need the help of medications to do this well
- ◆ High levels of LDL cholesterol are a big risk factor for atherosclerosis. If diet and exercise alone are not enough to bring your cholesterol down to your desired target level than you may need a medication. The best medicine for lowering cholesterol is a stain. There are many different stains today and it is important if your doctor is recommending one for you that you give it a try to see if you might be able lower your cholesterol and stop or avoid the rupture of a plaque which could led to a heart attack, stroke or even death.

If you are still confused about atherosclerosis and the ways you can reduce your risk for heart attacks or strokes I would encourage you to meet with one of the Educators in the Health, Nutrition and Diabetes Education Office at the East Providence Senior Center. We will make sure all your questions are resolved and you understand everything you can do to keep yourself as healthy as possible.

SENIOR HAPPENINGS CALENDAR

	M O N D A Y	T U E S D A Y	W E D N E S D A Y	T H U R S D A Y	F R I D A Y
3	9:00 Yoga Class 10:30 Beginner's Yoga 1:00 Pokeno 2:00 Ballroom Dance	4 9:00 W&I Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	5 7:00 Beginners Yoga 8:30 Clinical Lab 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	6 9:30 Aerobic Exercise 9:30 Therapeutic Touch 11:00 SNAP 12:45 Bridge 1:00 Craft Group	7 10:00 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
10	CLOSED VJ DAY	11 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 9:30 Diabetes Ed 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	12 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:30 Waterview Blood Pressures 10:45 Chair Exercise 1:00 Cribbage	13 9:30 Aerobic Exercise 9:30 Therapeutic Touch 12:45 Bridge 1:00 Craft Group	14 10:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
17	9:00 Yoga Class 10:30 Beginner's Yoga 10:30 Caregivers Support 1:00 Pokeno	18 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 9:30 Diabetes Ed 11:00 Tai Chi	19 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:45 Chair Exercise	20 9:30 Aerobics 9:30 Therapeutic Touch 10:00 Retired Teachers	21 10:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack

	2:00 Ballroom Dance	12:30 Painting Class 1:25 Bingo	1:00 Cribbage	10:30 Evergreen Blood Pressures 12:45 Bridge 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats	
24	9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance	25 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 9:30 Diabetes Ed 10:30 Hattie Ide Blood Pressures 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	26 7:00 Beginners Yoga 9:00 Blended Yoga 9:00 Walking Club 10:00 Scrabble 10:45 Chair Exercise 1:00 Cribbage	27 8:00 Podiatrist 9:30 Therapeutic Touch 12:45 Bridge 1:00 Diabetes Support 1:00 Craft Group	28 10:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 11:20 Hi Lo Jack
31	9:00 Yoga Class 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance 2:00 Computer Assistance				

Ads

Directory

Robert Rock
Director Ext. 5

Maureen Carroll
Admin. Assistant Ext. 4

Ellen Frazier
Resource Specialist Ext. 3

Mary Jane Milner, RN
Health Office Ext. 7

Sue Doyle
Dining Room Ext. 2

Health Office Ext. 6

Nutritionist Ext. 1

Jose Pinheiro
Facility Manager

Pat Thomas
Receptionist

Eleanor Monteiro
Trip Coordinator

Ed Daft
Steve Checrallah

Connie Caetano
Administration Volunteer

Hilda Dewey
Lee Wilber
Transportation

Dining Room 435-7800 Ext 2
RSVP 435-7876
Recreation 435-7511
Carousel 435-7518

Senior Center

Advisory Board

Elaine Robinson Eleanor Monteiro

Angela Calarone-Byrd George Furtado

Ann Fagundes Ken Goucher

Jan Kinder Manny Larangeira

Donald Senna Mary Ann Leonardo

Membership Dues

\$15 for residents \$20 non-residents

Fitness Room Dues

Single \$40 residents \$45 non-residents

Couples \$70 residents \$80 non-residents

Dining Room Participants

YOU MUST ORDER AT LEAST ONE DAY IN
ADVANCE FOR MEALS

We will not guarantee a meal if a meal
is not ordered.

For reservations or cancellations

Please call 435-7800 Ext 2

Deadline for reservations

is 11am the day before.

The monthly meal schedule is always on
the last page of our newsletter. Everyone
has ample opportunity to reserve a meal.
You will only be served without reservation if
there is a cancellation.

It is also important to cancel a meal if
you are unable to attend.

This policy is strictly enforced.

Book/CD Sale

All books, puzzles and CD's are donated by
members and the community at large. Proceeds
are used to purchase new books for our library.

All books and puzzles are 25 cents each.

CD's are \$1.00, 6 for \$5.00.

Smart Driving Course

Monday, September 14th
11:30am

AARP introduces a new "Smart Driver Program". Formerly, "AARP Driver Safety", the new curriculum contains the latest research & industry insights and exciting new topics. The new workbook contents are participant friendly and easy to follow. The associated program video has been re-formatted and includes interviews with experts.

The program fees are \$15.00 for AARP members and \$20.00 for non-members. NO TESTS!

Tony Ballirano, Deputy State Coordinator, will be conducting this program which is open to all.

If an insurance discount is one of your objectives, please inquire with your automobile insurer to determine if you qualify for a discount for completing this program. Please bring a lunch or snack especially if you have a medical condition. To register, please sign up in the Administration Office or

Call 435-7800 Ext. 3.

Driving Safety for Older Adults

For most Americans, the automobile represents independence, control and mobility. We couldn't wait to get our first drivers license and be handed the keys to the family car when we were teenagers...and we'd like to keep driving as long as possible.

However, some of the normal changes of aging can make driving more challenging. Impediments to safe driving include hearing loss, vision problems, decreased reaction time, memory loss and lessened manual dexterity. In addition, the loss of depth perception and peripheral vision may narrow the margin of safety on crowded roads and highways.

Older adults should periodically assess their driving abilities, both to increase safety and to honestly judge whether they are still safe behind the wheel.

Making Changes for Safer Driving

Here are ten good ways to improve driving skills and extend safe driving capability:

Take a refresher driving course for seniors. Classes on defensive driving for older drivers focus on specific strategies for dealing with the impact of the aging process on driving.

When filling any prescriptions, ask your doctor or pharmacist if your medications have any potential side effects that could hinder your ability to drive.

Have regular eye examinations, and keep your glasses prescription current.

Make sure your car is in good working condition. Have it checked for mechanical problems and other defects. Watch for carpet and pedal wear that could cause the accelerator or brake to stick, or a foot to slip.

Keep windows, mirrors, windshields, and wiper blades clean, as well as headlights, taillights and turn signals.

Have your tires regularly checked for low air pressure and excessive tread wear.

Make adaptive modifications to the vehicle itself for enhanced driving safety. For example: improved side and rear-view mirrors; a back-up warning buzzer; steering wheel grips; and pedal adjustments.

If the car is large and difficult to maneuver, consider trading it for a smaller car, which might be easier to handle and park.

To avoid the most challenging driving situations, investigate route and time of day adjustments. If night vision has diminished, schedule car trips during daylight hours. Busy highways and rush hour traffic can be avoided with some advance planning and allowance for additional travel time. Boarding buses at Park and Ride lots can eliminate driving in the most congested areas.

Make sure that insurance is adequate and kept current.

RI DIVISION OF MOTOR VEHICLES:

STATE PHOTO IDENTIFICATION CARDS FOR SENIORS

At the Cranston office of the RI Division of Motor Vehicles (DMV), seniors who need a state photo identification card can go to the [Blue Return Ticket Line](#) to receive an express ticket. If the customer does not get in that line but ends up in the normal line, the clerks have been instructed to give the elderly customer an express ticket. In the branches, the customer can take a [Blue Return Ticket](#) number from the self-serve ticket machines



SUMMER CONCERT SERIES

Rose Larisa Memorial Park
Bullocks Pt. Avenue

Concerts start at 6pm unless otherwise noted
and are "weather permitting"

August 6: Strictly Sentimental Swing Band *7pm
August 13: DC Large & the Rhythm Deacons *7pm R&B

Sponsored by the

East Providence Recreation Dept.

**The years teach us much
the days never knew.**

Ralph Waldo Emerson
1803 - 1882

**We do not quit playing because we
grow old. We grow old because we
quit playing.**

Oliver Wendell Holmes
1809 - 1894

WHAT ITEMS CAN BE RECYCLED?

www.RecycleTogetherRI.org



PLASTIC CONTAINERS

- jars - peanut butter, mayo
- jugs - milk, juice, detergent
- tubs - ice cream, margarine
- bottles - soda, shampoo
- plastic take out containers
- iced coffee cups
- yogurt containers
- plastic egg cartons

GLASS CONTAINERS

- jars - sauce, jelly, baby food
- bottles - soda, wine, beer

METAL CANS & FOIL

- aluminum - cans, foil
- empty aerosol cans - hairspray, air freshener
- tin cans - soup, pet food

PAPER & CARDBOARD

- newspaper
- phonebooks
- envelopes
- flattened boxes
- junk mail
- office paper
- spiral notebooks
- paperback books
- wrapping + tissue paper
- paper bags + gift bags
- magazines
- paper towel tubes

CARTONS

- milk + juice
- soy milk
- soup + broth
- juice boxes

SOME RECYCLING DON'TS

- plastic bags
- cold + frozen food boxes
- containers over 5 gallons
- scrap metal, appliances
- hangers, chains, pipes
- Styrofoam



Items listed in these categories are only examples. Please recycle items similar to those listed. For all recycling don'ts see your brochure or visit www.RecycleTogetherRI.org.

SENIOR CENTER TRAVEL

Aug. 12th **Salem, Gloucester and Rockport \$74.00** to include: the Peabody Essex Maritime Museum, Luncheon at the Gloucester House Restaurant, choice of Baked Scrod or Baked Chicken, Strawberry Shortcake, visit to Rockport, and Fox Motor Coach

Sept. 14-17th **Wildwood NJ \$360.00** to include: 3 Nights' Accommodations, 3 Breakfasts, 3 Dinners, a Show at Performing Arts Center, Cocktail Party & Entertainment, Gala Evening w/Dinner, Dancing & Prizes, a Day in Atlantic City, 50's Themed Cool Scoops Ice Cream Social and Fox Motor Coach.

Nov. 30 – Dec. 2nd **Indian Head Resort \$289.00** to include: 2 Nights' Accommodations, Luncheon, Dinner, Welcome Cocktail Reception, Breakfast, Entertainment Dancing and a Show, Fox Motor Coach.

Sign up at the E. Providence Senior Center Administration Office (401) 435-7800

or

Call: Eleanor Monteiro at (401)434-8194 –28 Metacomet Avenue, Rumford, RI 02916

NO CALLS BEFORE 9:00AM OR SUNDAYS "PLEASE"

PLEASE MAKE YOUR RESERVATIONS EARLY



For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone.

Audrey Hepburn

You should always learn, with life comes wisdom and with wisdom comes the courage to live your life selflessly. The more you learn about yourself and the experiences surrounding your life the more opportunities you have to make your life better and more fulfilling.

Amy Candy

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Soup w/Anci De-Pepe Pot Roast w/Gravy Red Bliss Mashed Potatoes RI Grown Zucchini Sliced Peaches, Wheat Bread (Egg Salad on Wheat)</p> <p>10</p> <p><u>CLOSED</u> VJ DAY</p>	<p>4 Beef Vegetable Soup Italian Sausage on a Roll RI Grown Peppers & Onions Broccoli Butterscotch Pudding (Chicken Sausage on a roll)</p> <p>11 Cream of Tomato Soup Hawaiian Chicken Sweet Potatoes California Blend Vegetables Vanilla Pudding, Dinner Roll (Ham & Cheese on Bulky Roll)</p>	<p>5 Barley Soup Florentine Fish Rice Pilaf Baby Whole Carrots Mandarin Oranges Marble Bread (Honey Ham & Swiss /Marble)</p> <p>12 Lentil Soup Swedish Meatballs w/Gravy, Buttered Noodles, Green Beans Fresh Fruit, Rye Bread (Shrimp Salad on Rye)</p>	<p>6 Turkey &n Rice Soup Meat Lasagna Mixed Vegetables Garlic Bread Chocolate Chip Cookie (Italian Grinder)</p> <p>13 Orange Juice Plain Omelet w/RI Grown Tomato Slice Baked Beans Fruited Yogurt</p>	<p>7 Red Chowder w/Crackers Marinated Boneless Chicken Over Tossed Salad w/tomato and cucumber with dressing Sports Bar Wheat Bread (Tuna on Wheat, side salad)</p> <p>14 Vegetable Soup Tuna Salad Summer Tortellini Salad Seasoned Diced Beets & Onions, Angel Food Cake (Corned Beef w/Mustard on Croissant)</p>
<p>17 Split Pea Soup Baked Ham w/Pineapple Glaze Sweet Potatoes Winter Blend Vegetables Lemon Pudding Pumpernickel Bread (Italian Tuna on Pumpernickel)</p>	<p>18 Turkey Noodle Soup Sliced BBQ Beef Wild Rice Mixed Vegetables Lorna Doone Cookies Italian Bread (Tomato & Mozzarella on Italian)</p>	<p>19 Venus DiMilo Soup Italian Style Chicken Cut-let Pesto Rigatoni Italian Blend Vegetables Ice Cream Roll (Salami & Provolone w/Mustard on Roll)</p>	<p>20 Happy Birthday Chicken Soup w/Egg Barley Unbreaded Veal w/Mushrooms gravy Garlic Mashed Potatoes Seasoned Sliced Carrots Frosted Cupcake (Chicken Salad w/Grapes & Pecans on Wheat)</p>	<p>21 Lemonade Hamburger on a Bun w/Condiments Corn on the Cob Cole Slaw Watermelon (Hot Dog on a Roll w/Condiments)</p>
<p>24 Pasta & Bean Soup Airline Chicken O'Brien Potatoes Capri Blend Vegetables Tapioca Pudding, Rye Bread (Roast Beef on Rye)</p>	<p>25 Onion Soup w/CROUTON Seafood Salad on Bulky Lemon & Garlic Potato Salad RI Grown Tomato & Onion Salad Sliced Pears (Turkey & Cheese w/Mayo on Bulky Roll)</p>	<p>26 Chicken Escarole Soup Antipasto Salad (Tossed Salad w/Assorted Meats & Cheeses) Garlic Bread, Brownie (Egg Salad on White w/Small tossed Salad)</p>	<p>27 Cranberry Juice Beef Stew w/Potato & Veg. Biscuit Broccoli Crowns Spumoni (Turkey Salad on Marble)</p>	<p>28 White Chowder Country Crisp Fish RI Red Bliss Mashed Potatoes Carrot Slaw Fresh Fruit Pumpernickel Bread (Pastrami & Swiss w/Mustard on Pumpernickel)</p>
<p>31 Beef Noodle Soup Chicken Marsala Baked Potato w/Sour Cream Asparagus, Jell-O, Roll (Tuna Salad on a Roll)</p>	<p>Reservations Or Cancellations</p> <p>435-7800 Ext. 2</p>		<p>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p>	