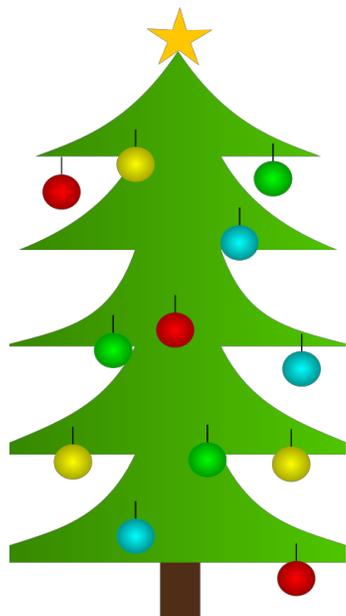


EP Senior
Activity Center

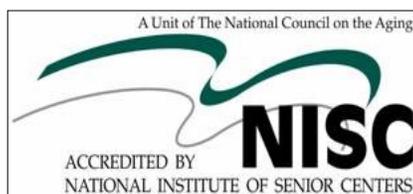
December 2015



MERRY
CHRISTMAS
AND
A VERY
HAPPY & HEALTHY
NEW YEAR



Thank You to
our new coffee café sponsor
Brookdale East Bay

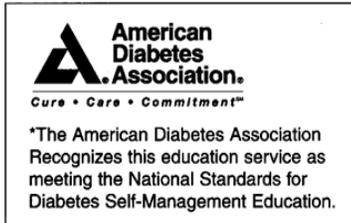


*610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com*

HEALTH WATCH

Diabetes Outpatient Education

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. 6 with any questions and to register.



Class size is limited. Pre-registration is required.

Dieticians

Registered Dieticians, Ann Marie Sabula and Mary Proietta are available for appointments in the health office. They will counsel you, in private about your personal 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.

Women and Infants Hospital

Tuesday, December 1st 9-11:00am.

Family Van Program is a community outreach program dedicated to preventative health screenings and health education. The screenings will consist of total cholesterol, blood sugar, and blood pressures. The screenings are free of charge and completely confidential.

Clinical Lab

Wednesday, December 2nd 8:30-11am

East Side Clinical Lab draws blood work here the first Wednesday of the month. There is no pre-registration, just come in with your lab slip.

Podiatrist

Thursday, December 31st 8am

Dr. Michael Reuter, Podiatrist, will be in the Health Office seeing patients. To schedule your appointment or if you have any questions call Dr. Reuter's office directly at: 228-7887 and speak with Diane. Dr. Reuter accepts most major insurance plans.



Blood Pressure Clinics

10:30am

Friday, December 4th

Sponsored by Orchard View Manor

Wednesday, December 9th

Sponsored by Waterview Villa

Thursday, December 17th

Sponsored by Evergreen House

Tuesday, December 22nd

Sponsored by Hattie Ide Chaffee



Holiday Meal Planning with Diabetes

Six Tips to make Holiday Eating Easier

Holidays are an opportunity to catch up with friends and family. But the focus on food and eating during this season can be very tough, especially for families dealing with diabetes.

Remember that holiday meals and traditions don't have to disrupt your diabetes control. With a little preparation, you'll be ready to face any holiday head-on and still enjoy it.

The six tips below can help guide you through your next holiday event:

Focus on Friends and Family

Remember, the holidays are a time to slow down and catch up with your loved ones. Focus on friends and family, not food. Play games, volunteer, or spend time outdoors enjoying the weather together.

It's a Party, But Don't Overdo It

Eat slowly, and really enjoy the foods that you may only have once a year.

If the meal will be served near your usual meal time, try to eat the same amount of carbohydrate that you normally would for a meal. If you plan to have a portion of dessert, cut back on another carbohydrate food during the main course.

Make sure your portions are reasonable and resist going back for second helpings.

Bring What You Like

Try not to worry about what will be served. Offer to bring your favorite dish to share. If you count carbohydrates, check your recipe's nutrition facts so you know how many carbohydrates are in one serving and the size of a serving.

Drink in Moderation

If you drink alcohol, remember to eat something beforehand to prevent low blood glucose levels later. Whether it's a glass of red wine or a beer, holiday drinks can add a significant amount of calories to your holiday intake. Keep it to no more than 1 drink for women and 2 drinks for men. Avoid drinks that have high calorie mixers like regular soda, tonic, juice or margarita mix that are all packed with carbohydrate and calories. Opt for sugar free mixes instead or calorie free flavored seltzer.

5) Stay Active

One reason that we have problems managing diabetes and weight during the holidays is our lack of physical activity. Sure, the holidays are busy, but plan time into each day for exercise and don't break your routine. Make the holidays an active time!

*Off from work or school? Use this extra time to do some physical activity.

*Train for and participate in a local holiday run or walk (like a turkey trot or Independence Day run).

*Start a game of pick-up football, soccer, basketball or play other games in the yard.

*Go for a walk with your loved ones after eating. Offer to help clean up after a meal to get you moving around!

6) Overindulged?

If you eat more carbs or food than you planned for, don't think you have failed.

Stop eating for the night and focus on spending the rest of your time with the people around you.

Include extra exercise, monitor your blood glucose levels, and get back on track with your usual eating habits the next day.

Cold Weather Health Tips for Seniors

Cold weather can pose serious health hazards to older adults. Falls and other accidents, hypothermia and depression are more common as the temperature drops. The key to safety is prevention.

Follow these simple tips to ensure a safe season.

Watch out for Ice

More than 1.6 million older Americans go to the emergency room each year for fall-related injuries, according to the National Institutes of Health. But falls don't have to happen, even when snow and ice make for slippery conditions. To lessen the chance of falling in cold weather:

Stretch before going outside. Stretching improves circulation and limbers muscles.

Wear sensible footwear. Shoes should have low heels, good support and non-skid soles.

Stick to cleared sidewalks and roads. Shovel snow and sprinkle sand or salt on icy areas - or ask someone to do it for you.

Use assistive devices when necessary. Hold handrails on stairs. Use a cane or walker if necessary to help maintain balance.

Avoid going outside when conditions are poor. Exercise indoors. Stock up on necessities in good weather, or ask someone to deliver them to you.

Stay Warm

As people age, their sense of touch declines. Arthritis, diabetes, poor circulation, paralysis caused by stroke and many other conditions can cause lack of feeling, especially in the extremities. A diminished response to cold can put seniors at risk for hypothermia (abnormally low body temperature).

To prevent hypothermia:

Keep your head covered when you're outdoors. A great deal of body heat is lost through the head.

Wear mittens or gloves outdoors.

Eat well. Food provides the body with energy. Remember, calories are a measure of heat!

Be alert for symptoms of hypothermia and frostbite. Hypothermia symptoms include slurred speech, sluggishness, confusion, dizziness, shallow breathing, unusual behavior and slow, irregular heartbeat.

Frostbite symptoms include gray, white or yellow skin discoloration, numbness and a waxy feeling to the skin. If either of these conditions is suspected get immediate emergency help.



December Features

Tuesday, Dec. 1st	Health Screening	9:00am
	United Health Medicare	10:30am
Wednesday, Dec. 2nd	Clinical Lab	8:30am
	Stroke Club	1:30pm
Thursday, December 3rd	SNAP Ed	11:00am
Friday, Dec. 4th	Blood Pressure Clinic	10:30am
Tuesday, December 8th	Shingles Talk	10:00am
Wednesday, Dec. 9th	Blood Pressure Clinic	10:30am
Tuesday, December 15th	Shingles Clinic	10:00am
	Country Gardens	10:30am
Thursday, Dec. 17th	Advisory Board	9:30am
	Blood Pressure Clinic	10:30am
	Diabetes Support	1:00pm
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Friday, Dec. 18th	INSight	12:45pm
Monday, Dec. 21st	Caregiver's Support	10:30am
Tuesday, Dec. 22nd	Blood Pressure Clinic	10:30am
Thursday, Dec. 24th	Christmas Eve	Closing at 11:30am
Monday, Dec. 28th	Computer Assistance	2:00pm
Thursday, Dec. 31st	Podiatrist	8:00am
	New Year's Eve	Closing at 11:30am

Open Enrollment for Medicare

AARP United Health

Tuesday, Dec. 1st
10:30am

Annual Open Enrollment for Medicare recipients is through December 7th.

This is the only time of year most Medicare recipients can change their plans. Many people have saved hundreds of dollars by changing prescription plans. Take advantage during this limited time and review your plan at our annual Open Enrollment. Please call the Senior Health Insurance

Program (SHIP) @ 435-7876 for an appointment!

Shingles Informational Presentation

December 8th

10 am

Shingles Clinic

December 15th

10 am, Seminar Room

Pre-Registration is necessary to receive the shingles vaccination.

Registered Pharmacists from Rite Aid will give a short talk on the Shingles, the Shingles Vaccination and answer any questions you might have about Shingles. With your insurance card, they will be able to tell you what portion of the vaccination your insurance will cover. Pre-registration for the Shingles Clinic to be held on December 15th will also take place. You must be pre-registered to receive the shingles vaccination at the Clinic that will take place the following Tuesday, Dec. 15th at 10 am.

“There are only two days in the year that nothing can be done. One is called yesterday and the other is called tomorrow.

So today is the right day to love, believe, do and mostly live.”

Dalai Lama

WE SERVE

OUR MISSION

“IS TO ASSIST, INFORM
AND ENRICH THE LIVES OF
ALL PERSONS
55 YEARS OF AGE AND OLDER
OR DISABLED PERSONS
IN THE
EAST PROVIDENCE AREA”

Staff

Robert Rock, Director Ext. 5
brock@cityofeastprov.com

Maureen Carroll, Admin. Assistant Ext. 4
mcarroll@cityofeastprov.com

Ellen Frazier, Resource Specialist Ext. 3
efrazier@cityofeastprov.com

Mary Jane Milner, RN, CDE, CDOE Ext. 7
mmilner@cityofeastprov.com

Sue Doyle, Dining Room Ext. 2

Jose Pinheiro Facility Manager

Pat Thomas Receptionist

Connie Caetano Administration

Ed Daft Transportation

Steve Checrallah Transportation

Lee Wilber Transportation

Dick Wood Transportation

Advisory Board

Elaine Robinson	Eleanor Monteiro
Angela Calarone-Byrd	George Furtado
Ann Fagundes	Ken Goucher
Jan Kinder	Manny Larangeira
Donald Senna	Maryann Leonardo

Senior Center Support Groups

Stroke Club

Wednesday, Dec. 2nd
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.

Diabetes Support

Thursday, Dec. 17th
Christmas Holiday Tea
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.

In-Sight Support

Friday, Dec. 18th
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.

Caregiver's Support

Monday, Dec. 21st
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.

“When you change the way
you look at things,
the things you look at change”

Dr. Wayne Dyer

DIABETES SUPPORT GROUP

Holiday Tea



Join us for some Holiday Fun
and bring a wrapped gift (under \$5)
for a Holiday Yankee Swap

Thursday
December 17, 2015
1:00 pm

Relax and enjoy the company of
friends as we share healthy tips for
getting through this busy time
of the year.



Carousel Office

Located on the lower level of the senior
center is now open
Monday—Friday
10am to 2pm.

Carousel Gifts and Souvenirs are
available during the Carousel's open
season. Please call first if you have any
questions or need a special appointment,
(401) 435-7518.



Permanent disposal unit is now located in the lobby of the East Providence Police Department

There is a new way to dispose of
unwanted, unused and/or expired
prescription drugs if you are an
East Providence resident.

A permanent disposal unit is now
located in the lobby of the
East Providence Police Department.

The following items are accepted in this
disposal unit: prescriptions, prescrip-
tion patches, prescription medications,
prescription ointments, over the
counter medications, vitamins, samples
and pet medications.

SENIOR HAPPENINGS CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:00 Wellness Screenings 9:30 Painting Class 9:30 Aerobic Exercise 10:30 United Health Medicare Complete 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	2 7:00 Yoga 8:30 Clinical Lab 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage 1:30 Stroke Club	3 9:30 Aerobic Exercise 9:30 Diabetes Ed 11:00 SNAP ED 12:30 Bridge 1:00 Craft Group	4 9:30 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
7 9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance	8 9:30 Painting Class 9:30 Aerobic Exercise 10:45 Wii Bowling 10:30 Shingles Talk 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix	9 7:00 Yoga 9:00 Blended Yoga 9:30 Scrabble 10:30 Waterview Villa Blood Pressures 10:45 Chair Exercise 1:00 Cribbage	10 9:30 Aerobic Exercise 9:30 Diabetes Ed 12:30 Bridge 1:00 Craft Group	11 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack
14 9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance	15 9:30 Painting Class 9:30 Aerobic Exercise 10:00 Shingles Clinic 10:30 Country	16 7:00 Yoga 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise	17 9:30 Aerobic Exercise 10:30 Evergreen Blood Pressures 12:30 Bridge	18 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation

<p>2:00 Ballroom Dance</p>	<p>Gardens 10:45 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 6:30 Fit Mix</p>	<p>1:00 Cribbage</p>	<p>12:00 Energy 1:00 Diabetes Support 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats</p>	<p>11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack</p>
<p>21 9:00 Yoga 10:30 Beginners Yoga 10:30 Caregivers Support 1:00 Pokeno 2:00 Ballroom Dance</p>	<p>22 9:30 Aerobic Exercise 10:45 Wii Bowling 10:30 Hattie Ide Blood Pressures 11:00 Tai Chi 1:25 Bingo 6:30 Fit Mix</p>	<p>23 7:00 Yoga 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 RSVP Board 1:00 Cribbage</p>	<p>24 Closing at 11:30am</p>	<p>25 MERRY CHRISTMAS</p>
<p>28 9:00 Yoga 10:30 Beginners Yoga 1:00 Pokeno 2:00 Ballroom Dance</p>	<p>29 9:30 Aerobic Exercise 11:00 Tai Chi 1:25 Bingo 6:30 Fit Mix</p>	<p>30 7:00 Yoga 9:00 Blended Yoga 9:30 Scrabble 10:45 Chair Exercise 1:00 Cribbage</p>	<p>31 8:00 Podiatrist Closing at 11:30am</p>	<p>HAPPY NEW YEAR</p>

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.

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.

Nutrition Program

The center provides a nutritional meal to approximately 100 seniors per day. The Cranston Senior Center provides the meals.

Transportation

The center has two buses that are used daily for door-to-door transportation to and from the center.

Notary

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

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.

Dining Room Participants

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE FOR MEALS

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

The monthly meal schedule is always on the last page of our newsletter. Everyone has ample opportunity to reserve a meal in advance. 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 will be strictly enforced because we do not want to waste meals.

Membership

\$15 Residents

\$20 Non-Residents

Fitness Room

\$40 Single Resident

\$45 Non-Resident

\$70 Couple Resident

\$80 Couple Non-Resident

Please scan in when entering the facility.

This is very important because our funding depends on the use of the center. The best way to produce data is through the scan system.

When I stand before God at the end of my life, I would hope that I would not have a single bit of talent left, and could say, "I used everything you gave me."
Erma Bombeck

Weekly/Monthly Programs

MONDAY

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

TUESDAY

9:00am Bocce Ball (Weather Permitting)
 9:30am Aerobics Exercise
 9:30am Watercolor Class
 11:00am Tai Chi
 12:30pm Watercolor Class
 1:25pm BINGO
 6:30pm Fit Mix

WEDNESDAY

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

THURSDAY

9:30am Aerobics Exercise
 12:30pm Bridge
 1:00pm Craft Class
 1:00pm Diabetes Support Group (4th Thurs)

FRIDAY

9:00am Billiard League
 10:00am Scrabble
 10:30am Fitness Advisor
 10:45am Chair Exercise
 11:00am Meditation Class
 12:45pm In-Sight Support Group (3rd Fri)
 1:20pm Hi Lo Jack League

Daily

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

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.

Card Games

Pokeno Monday 1:00pm
 Cribbage Wednesday 1:00pm
 Bridge Thursday 12:30pm
 Hi Lo Jack League Friday 1:20pm

Gift Shop

The gift shop, located near the dining room, has many different items for the convenience of the seniors. Small items from candy, crackers, greeting cards to jewelry, handmade items and crafts. Proceeds benefit both the center and RSVP.

"Joy is what happens to us when we allow ourselves to recognize how good things really are"

Marianne Williamson

Yoga and Blended Yoga Class \$3

Yoga classes 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 appropriate for anyone who has some familiarity with yoga and is generally fit.

Beginner Yoga is an introductory class for those who wish to find out whether yoga is right for them. No prior experience is needed.

Yoga and Bone Builders Blend: a 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).

Monday	Intermediate	9am
Monday	Beginners	10:30am
Wednesday	Intermediate	7am
Wednesday	Blended	9am

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.

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.

Ballroom Dancing Monday 2:00pm \$3

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

Singles are welcome

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.

Chair Exercise Wednesday/Friday 10:45am

A proper balance of exercise and rest can help relieve stiffness and maintain or improve your joint mobility and muscle strength. No Charge

Fitness Consultant

Fitness Consultant in the fitness room every Friday from 10:30-11:30am.

If you have any questions about your workout or the equipment see Mike.

Sponsored by Evergreen Health Center



WinterFest 2014

WARNING

The office of Rhode Island Attorney General Peter Kilmartin reissued a warning about a persistent scheme to defraud taxpayers.

Kilmartin is cautioning residents to be wary of calls claiming to be from the Internal Revenue Service.

The callers request payment for money owed to the IRS be wired to them, threatening to have their victims arrested, deported, or have their licenses suspended.

Kilmartin says that the IRS always notifies people by mail if they owe money. Also, real IRS agents would never demand payment by wire transfer.

If you get a call like this, hang up and alert the attorney general's office right away.

RI Attorney General's Office 274-4400



National Grid and Rhode Island Attorney General Peter Kilmartin's office are warning utility customers of callers trying to steal your money by claiming to be from the utility's billing department.

The company says they have received reports from customers saying a caller was demanding payment for a past due bill. If it wasn't paid immediately, the caller threatens to shut off service immediately.

The swindlers try to tell the customer to pay up by buying a prepaid debit card and giving them the prepaid card number over the phone.

"Callers have become increasingly sophisticated in replicating National Grid's recorded messaging and directions for phone prompts, making it more difficult differentiating an actual call from National Grid as opposed to a scammer's call".

If you get one of these calls, authorities advise you to hang up and call National Grid immediately. DO NOT send money without calling the company first.

To check with the company about your bill, call National Grid at (800) 322-3223.

You can also check their website at <http://www.nationalgridus.com>.

Most reputable companies will not use prepaid debit.

"Your purpose will only be found in service to others, and in being connected to something far greater than your body/mind/ego."

Dr. Wayne Dyer

Library News

Thank you to all who purchased books and DVD's during the past year. All the funds generated during the year allowed us to purchase 44 new books.

DVD Collection

Our extensive collection has been moved to the library where the DVD's can be borrowed.

Entertainment in Dining Room

Dec. 18th

11:30

Singer Bob
Bourassa

Sponsor by
Orchard View manor



WINTERFEST
2014

2015 Bocce

Red Team

14

Carmella Arruda
Angelo DeCataldo
Elaine DiFruscio
John Nolli

Green Team

11

Mike Bedrosian
Harry Manning
Frank Silva
Rose Walters

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Reservations Or Cancellations Call 435-7800 Ext. 2</p>	<p>1 Red Chowder Country Crisp Fish w/Tartar Sauce Au Gratin Potatoes Sliced Carrots Sliced Pears, Oatmeal Bread (<i>Honey Ham & Swiss on Marble</i>)</p>	<p>2 Barley Soup BBQ Beef Seasoned White Rice Broccoli Cuts Tapioca Pudding, Wheat Bread (<i>Chicken Salad on Wheat</i>)</p>	<p>3 Lentil Soup Italian Sausage on a Roll Peppers & Onions Cole Slaw Ice Cream (<i>Turkey & Swiss on a Roll</i>)</p>	<p>4 Venus di Milo Soup Veal Parmesan Seasoned Ziti Spinach w/Garlic Pineapple Chunks, Dinner Roll (<i>Tuna on a Bulky Roll</i>)</p>
<p>7 Chicken Soup Grilled Marinated Chicken Potato Pancake w/Applesauce Broccoli w/Garlic Oatmeal Cookies, Rye Bread (<i>Corned Beef on Rye</i>)</p>	<p>8 Split Pea Soup Baked Ham w/Pineapple Glaze Baked Sweet Potato Green Beans Mandarin Oranges, Wheat Bread (<i>Salmon Salad on Wheat</i>)</p>	<p>9 Kale & Bean Soup American Chop Suey Elbow Pasta Tossed Salad w/Dressing Fresh Fruit, Pumpernickel Bread (<i>Sliced Chicken & cheese on Pumpernickel</i>)</p>	<p>10 Tomato Vegetable Soup Eggplant Roulade w/Sauce Garlic Bread Zucchini Vanilla Pudding (<i>Egg Salad on a Roll</i>)</p>	<p>11 Italian Wedding Soup Pot Roast w/Gravy Garlic Mashed Potatoes Asparagus Tips Spumoni Ice Cream, 12-Grain Bread, (<i>Italian Grinder</i>)</p>
<p>14 Beef Broth w/Tomato & Orzo Beef Wellington w/Ketchup Brussel Sprouts Pudding Rye Bread (<i>Pepper Turkey & Cheese on Rye</i>)</p>	<p>15 Shrimp & Corn Bisque Roasted Airline Chicken Seasoned Cut Potatoes Prince Edward Blend Vegetables Fresh Fruit, White Bread (<i>Capicola & Cheese on White</i>)</p>	<p>16 Clear Chowder Florentine Fish Wild Rice California Blend Vegetables Sliced Peaches, Salad Roll (<i>Hamburger on a Roll w/condiments</i>)</p>	<p>17 <u>Happy Birthday</u> Chili Soup Meatloaf w/Gravy Texas Style Lyonnaise Potatoes Mixed Vegetables, Frosted Cupcake, Marble Bread (<i>Chicken Salad on Marble</i>)</p>	<p>18 Pasta Fagiole Stuffed Chicken w/Gravy Red Bliss Mashed Potatoes Green Beans, Coffee Cake Wheat Bread (<i>Seafood Salad on Wheat</i>)</p>
<p>21 Chicken Soup w/anci de pepe Hamburger on Roll w/condiments Baked Beans Carrot Slaw, Sports Bar (<i>Low Sodium Hot Dog on Roll w/condiments</i>)</p>	<p>22 Broccoli & Cheese Soup Turkey w/Gravy RI Butternut Squash Mashed Potatoes, Fresh Fruit Pumpernickel Bread (<i>Roast Beef & Cheese on Pumpernickel</i>)</p>	<p>23 Juice Beef Stroganoff Buttered Noodles Capri Blend Vegetables Shortbread Cookies, Wheat Bread (<i>Turkey Salad on Wheat</i>)</p>	<p>24 Closing at 11:30 No lunch</p>	<p>25 <u>CLOSED</u> Christmas Day</p>
<p>28 RI Butternut Squash Soup Pork Loaf w/Gravy Rice Pilaf, Blend Vegetables Lemon Pudding, Pan Roll (<i>Marinated Hot Grilled Chicken on a Roll</i>)</p>	<p>29 <u>BRUNCH</u> Orange Juice Scrambled Eggs w/Sliced Tomato Baked Virginia ham Croissant, Fresh Fruit Cup</p>	<p>30 Vegetable Soup Liver and Onions Oven Roasted Potatoes Baby Whole Carrots Grandmas Coolies, Wheat Bread (<i>Meatloaf w/Ketchup on Wheat</i>)</p>	<p>31 Cranberry Juice Meat ball & Provolone Grinder Baked Chips, 3-Bean Salad Fresh Fruit, (<i>Italian Tuna on Roll</i>)</p>	<p>Funded in part by the U.S. Administration on Aging and State funds through the RI Elderly Affairs.</p>