East Providence Senior Activity Center

August 2016

What's Up In August

Tuesday, Aug. 2nd	Wellness Screenings	9:00am
	Food Stamps	10:30am
Wednesday, Aug. 3rd	Clinical Lab	8:30am
	Stroke Club	1:30pm
Thursday, Aug. 4th	SNAP	11:00am
Friday, Aug. 5th	Blood Pressures	10:30am
Monday, August 8th	VJ Day	CLOSED
Tuesday, Aug. 9th	Voting Machine Demo	11:00am
Wednesday, Aug. 10th	Blood Pressures	10:30am
Monday, Aug. 15th	Blood Pressures	10:30am
	Caregivers Support	10:30am
Thursday, Aug. 18th	Blood Pressures	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Monday, Aug.22nd	AARP Smart Driving Class	11:30am
Tuesday, Aug. 23rd	Blood Pressures	10:30am
	Seven Hill's	10:30am
Wednesday, Aug. 24th	RSVP Board Meeting	1:00pm
Thursday, Aug. 25th	Diabetes Support	1:00pm
Monday, Aug. 29th	Computer Assistance	2:00pm

Senior Services

401.435.7800

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

Pat Thomas
Receptionist

Health Office Ext. 6

Nutritionist Ext. 1

Dean Kirkwood
Facility Manager

Connie Caetano
Administration Volunteer

Ed Daft **Steve Checrallah**
Dick Wood **Lee Wilber**
Transportation

Advisory Board

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

Visit our new Gift Shop
Located
off the main lobby!!

610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax. 401.435.7803
www.eastprovidence.com

New Voting Machine
Tuesday August 9th
10am

" Join the Secretary of State's Office on Tuesday, August 9 at 10:00 am for a demonstration of the State's new voting machine and ballot layout that will be used in the Primary Election on September 13th and the General Election on November 8th. The Elections Team will be on hand to register new voters or help updating your voter registration information."

East Bay Community Action Program will be running the Falls Prevention Program:
"A Matter of Balance" on Tuesday and Thursday mornings in August at Breed Hall. If interested in attending this series, please call 435-7876.

Coffee An

Every afternoon

2pm –3pm

Sponsored by

Brookdale Manor Retirement Living

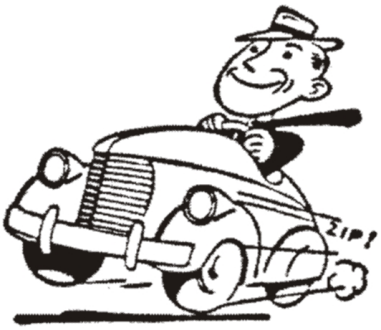
1440 Wampanoag Trail

401.433.5000

AARP Smart Driving Course

Monday, August 22nd

11:30-4pm



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 now $15.00 for AARP members and $20.00 for non-members.

NO TESTS!

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.

'Too often, we judge other groups by their worst examples while judging ourselves by our best intentions': Moving quote by George W. Bush at Dallas police memorial inspires America.

Support Groups

Stroke Club

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.

Caregiver's Support

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.

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)

Diabetes Support

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.

This month Maribeth Enos, RPH,CDOE will join us for a very informative talk on all types of Diabetes medications.

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

Monday

9:00am Intermediate Yoga
9:00am Walking Club
10:30am Beginners Yoga
10:30am Caregivers Support Group (3rd Monday)
12:00 pm Chair Yoga
1:00pm Pokeno
2:00pm Ballroom Dancing
6:00pm Fit Mix

Tuesday

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

Wednesday

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

Thursday

9:30am Aerobics Exercise
12:30pm Bridge
1:00pm Craft Class
1:00pm Diabetes Support Group (4th Thursday)
6:00pm Yoga

Friday

8:00am Blended Yoga
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 Friday)
1:20pm Hi Lo Jack League

Daily

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

Computer/IPad Assistance

Monday, August 29th
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 DVD's in the library.

Book/DVD Sale

All books, puzzles and DVD'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.

DVD's are $1.00, 6 for $5.00.

Ballroom Dancing

Monday 2pm $3

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

Card Games

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

Seniors Feeling Better Through Movement

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.

NO Meditation in August

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.

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.

Yoga and Blended Yoga $3
Chair Yoga Free

Yoga classes come in four varieties: Beginner, Intermediate, Intermediate Blended with Bone Builders and chair. 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).

Chair Yoga combines movements with breathing and mindfulness. The breathing aspects of yoga can improve blood pressure as well as heart rate. Improve concentration and mind/body connection. Chair Yoga is sponsored by United Methodist Elder Care.

Monday	Intermediate	9am
Monday	Beginners	10:30am
Monday	Chair Yoga	Noon
Wednesday	Intermediate	7am
Wednesday	Blended	9am
Friday	Blended	8am

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.

HEALTH and WELLNESS

Is always our concern

Women and Infants Hospital

Health Screenings

Tuesday, August 2nd

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 free screenings are completely confidential and held in the Health Office.

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Clinical Lab

Wednesday, August 3rd

8:30am

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

East Side Clinical Laboratory is a full service laboratory with state of the art equipment, information systems and a variety of reporting options. Testing is completed in the most expeditious time frame possible and results delivered to our clients in an efficient and timely manner.

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

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.

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Blood Pressure Clinics

10:30—11:30am

Friday, August 5th
Sponsored by **Orchard View Manor**

Wednesday, August 10th
Sponsored by **Waterview Villa**

Monday, August 15th
Sponsored by **Country Gardens Nursing Rehab**

Thursday, August 18th
Sponsored by **Evergreen House**

Tuesday, August 23rd
Sponsored by **Hattie Ide Chaffee**

Come join us for the Walking Club
Mondays @ 9:00 am
Take out your comfortable shoes and meet us in the lobby.
We will begin at 9:00 am and use the trails surrounding the Senior Center. Walk as much or as little as you wish to do.
No Cost!

Protecting yourself from the Sun, what are the best things to do?

Sunny, warm weather is here! Who doesn't want to be outside, sunbathing, swimming, on the beach or just barbequing in the backyard? While spring and summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma by practicing proper sun protection. The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

Sunscreen

· Use sunscreen with sun protective factor (SPF) 15 or higher, and both UVA and UVB protection.

· Sunscreen wears off. Put it on again if you stay out in the sun for more than two hours, and after you swim or do things that make you sweat.

· Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than three years, but its shelf life is shorter if it has been exposed to high temperatures.

Clothing

· Wear clothing to protect exposed skin.

· Loose-fitting long-sleeved shirts and long pants made from tightly woven fabric offer the best protection from the sun's UV rays. A wet T-shirt offers much less UV protection than a dry one. Darker colors may offer more protection than lighter colors.

· If wearing this type of clothing isn't practical, at least try to wear a T-shirt or a beach cover-up. Keep in mind that a typical T-shirt has an SPF rating lower than 15, so use other types of protection as well.

Hats

Wear a hat with a wide brim to shade the face, head, ears, and neck.

· For the most protection, wear a hat with a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer more UV protection.

· If you wear a baseball cap, you should also protect your ears and the back of your neck by wearing clothing that covers those areas, using sunscreen with at least SPF 15, or by staying in the shade.

Sunglasses

· Sunglasses protect your eyes from UV rays and reduce the risk of cataracts. They also protect the tender skin around your eyes from sun exposure.

· Wear sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.

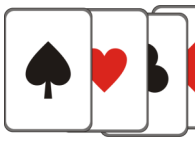
· Sunglasses that block both UVA and UVB rays offer the best protection. Most sunglasses sold in the United States, regardless of cost, meet this standard.

Shade

· Seek shade, especially during midday hours.

· You can reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree, or other shelter before you need relief from the sun. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDA
	1 9:00 Walking Club 9:00 Yoga Class 10:30 Beginner's Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**2** **9:00 W&I Wellness Screenings** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 9:30 Diabetes Ed Class **10:30 SNAP Outreach** 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**3** 7:00 Yoga **8:30 Clinical Lab** 9:00 Blended Yoga 9:30 DOE Class 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage **1:30 Stroke Club**
	8 **VJ Day** Closed	**9** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling **11:00 New Voting Machine Demonstration** **10:30 Elderwood of Riverside** 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**10** 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring **10:30 Waterview Blood Pressu** 10:45 Chair Exercise 1:00 Cribbage
	15 9:00 Walking Club 9:00 Yoga Class 10:30 Beginner's Yoga **10:30 Caregivers Support** **10:30 Country Gardens Blood Pressures** 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**16** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo 	**17** 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage 
	22 9:00 Walking Club 9:00 Yoga Class 10:30 Beginners Yoga **11:30 AARP Smart Driving Course** 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance 6:00 Fit Mix	**23** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling **10:30 Seven Hill's** **10:30 Hattie Ide Blood Pressures** 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	**24** 7:00 Yoga 9:00 Blended Yoga 10:00 Scrabble 10:00 Adult Coloring 10:45 Chair Exercise 1:00 Cribbage **1:00 RSVP Board**
	29 9:00 Walking Club 9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dance **2:00 Computer Assistance** 6:00 Fit Mix	**30** 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo	

AY	THURSDAY	FRIDAY	
Class e	**4** 9:30 Aerobic Exercise **11:00 SNAP** 12:30 Bridge 1:00 Craft Group 6:00 Yoga 	**5** 8:00 Blended Yoga 10:00 Scrabble 10:30 **Orchard View Blood Pressures** **10:30 Fitness Advisor** 10:45 Chair Exercise 1:20 Hi Lo Jack	
Class **res** e	**11** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga 	**12** 8:00 Blended Yoga 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 1:20 Hi Lo Jack	
Class e	**18** 9:00 Retired Teachers 9:30 Aerobics **10:30 Evergreen Blood Pressures** 12:30 Bridge 1:00 Craft Group **1:00 AARP Board** **1:30 Red Hats** 6:00 Yoga	**19** 8:00 Blended Yoga 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 1:20 Hi Lo Jack 	
Class e	**25** 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group **1:00 Diabetes Support** 6:00 Yoga	**26** 8:00 Blended Yoga 10:00 Scrabble **10:30 Fitness Advisor** 10:45 Chair Exercise 11:20 Hi Lo Jack	

Ads

SNAP

Outreach Project

Tuesday, August 2nd

10:30am

Supplemental Nutrition Assistance Program

Good health starts with good Nutrition

A URI SNAP outreach worker can:

- Answer questions about SNAP
- Help you apply for SNAP benefits
- Assist active SNAP participants with questions
- on their case

TOWNIE ROAD RUNNERS

Aug. 9, 2016 **Log Cabin- $75.00ppto include:** Lobster Feast "Ticket To Ride" Beatles Tribute performance, Hors d'oeuvre Welcome Tray, Award-winning Clam Chowder, BBQ Ribs and Chicken, Corn, Baked Potato, Strawberry Ice Cream Sunday, New England Boiled Lobster, Rolls/Butter, Coffee/Tea, Complimentary Glass of Wine and Motor coach Transportation.

Sept. 12-15, 2016 **Wildwood, NJ - $440.00pp Dbl. Occ.** includes 3 Nights, 4 Days at the Matador Hotel, 3 Breakfasts, 3 Dinners, Pizza/Cocktail Party, Gala Evening w/music, dancing,, dinner, prizes, Revue Show at the Performing Arts Center, taxes, gratuities. Luggage handling and, Motor coach Transportation. Deposit $50.00 w/reservation

Sept. 24, 2016 **Scallop Festival- $71.00pp to include**: Scallop or Chicken Dinner, Cruise in Hyannis Harbor, Entertainment and Motor coach Transportation. Festival is now in Falmouth, MA and mostly indoors.

Nov. 28-30, 2016 **Indian Head- $305.00pp Dbl. Occ. To include:** 2 Nights' Accommodation, 1 Luncheon, 2 Breakfasts, 2 Dinners, Welcome Reception, Christmas Party w/Santa, Entertainment/ Dancing Motor coach Transportation. $300.00 Triple $354.00 Single Deposit $75.00 w reservation.

April 23-30, 2017 **New Orleans and Mississippi –** brochure with full details and prices will be available soon, includes accommodations, some meals, tours, airfare out of RI and transportation to and from the airport.

Sign up n the Administration Office
or call Eleanor Monteiro (401) 434-8194

Seven Hills RI's Rite @ Home
Tuesday, August 23rd
10:30

"Are you looking for alternative options to nursing home care? Do you want to stay in the comfort of your home instead of an institution?

If so, Seven Hills Rhode Island's "Rite@Home a choice for Care at Home" provides a care option for seniors who cannot live alone and require significant help with activities of daily living, such as eating, dressing, and personal hygiene, among others.

Rite@Home provides an alternative to institutional care by providing a tax-free stipend up to $17,000 a year to families that are helping senior stay at home. The program also has case management supports and trainings provided to the caregiver. Another added benefit to the program is a nurse who visits every month to help families caring for loved ones in their home.

Congratulations
10 Week Club Winners
Grand Prizes
$250 Nancy Gomes **$150** Pat Laurino **$100** David Daggett

$25 Winners
Frank Moreira, Pat Mahoney, Julia LaFlamme, Diane Mello, Bonnie Oliver, Nancy Gomes, Frank Moreira, Phyllis Moniz, Michael Thomas and Jeanne Pannell

Next Raffle will begin Oct. 18th and conclude on December 20th

REMEMBER

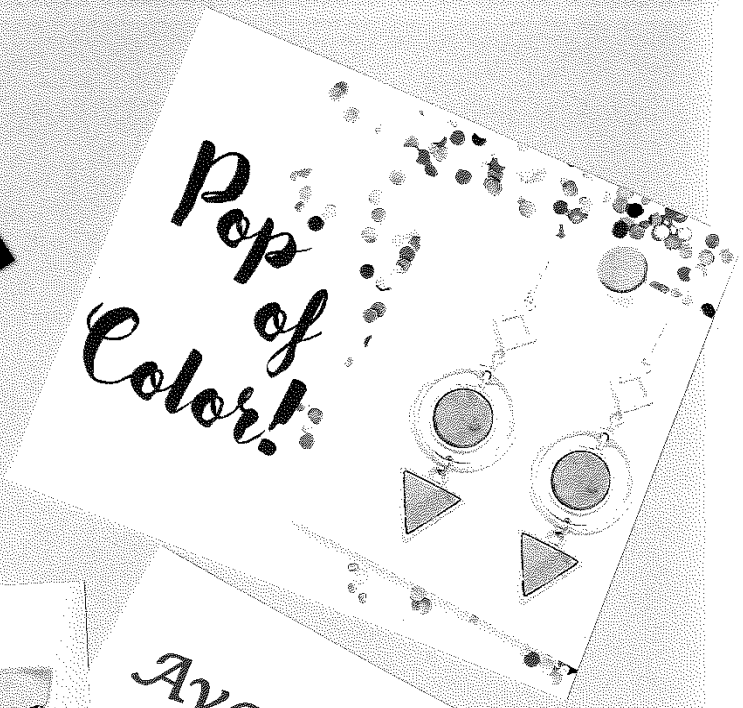
Safeguard your personal information. When you choose to share your identifiers—such as your birth date, drivers license number, Social Security Number, passport, place of birth or residence, familial relationships, and work history, and this information winds up in the wrong hands it can be used to compromise your identity. Armed with this information, criminals may open new credit or financial accounts, buy cars, apply for loans or tax refunds, rent an apartment or even purchase a home. Special precaution should be taken when you choose to share your credit card information. Consider whether there is a legitimate reason for you to share this information with those requesting it. Various payment technologies exist—virtual or one use card numbers and payment services that may minimize the risk of sharing your information.

Don't send money to receive money. Every day, consumers receive legitimate unsolicited offers by phone, email and mail. Those that say you've won a prize by lottery or contest, without ever having entered, should be suspect. It's unlikely you've won a prize in a game you never entered. And when they ask you for money to receive your winnings—claiming it's a processing or handling fee, to cover taxes, or a number of other excuses. Walk away! No legitimate lottery or contest will ask you to send money to receive money. When you pay to play you lose!

Periwinkle®
BY BARLOW
Celebrate your style!™

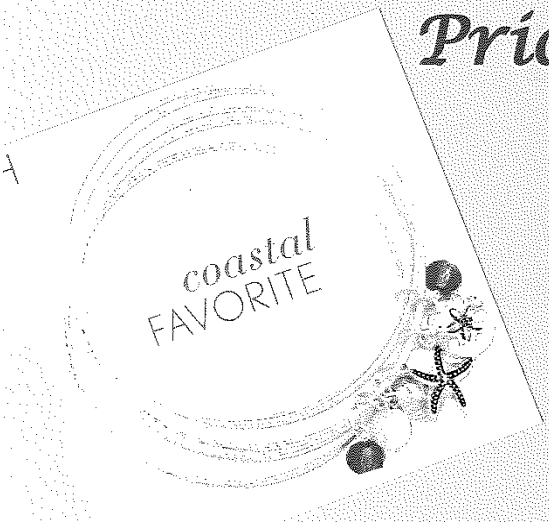
Canvas TOTES

Versatile canvas bag with interior zip pocket. Top zip closure.
Twisted rope handle.
100% Polyester



Available in Center's Gift Shop

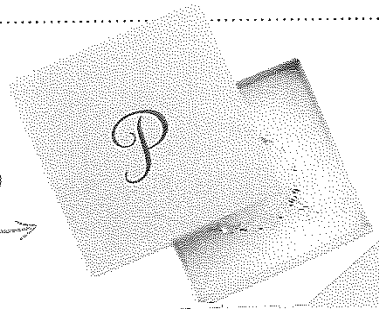
Earrings, Bracelets, Necklaces, Totes
Prices as Marked



LittleLove BRACELETS

These precious little bracelets are the ideal gift for Easter, First Communion, Confirmation, Baptism, and Birthdays. They come specially packaged in our signature Periwinkle Gift Box!

comes GIFT BOXED



Senior Center Gift Shop

Postage Stamps	Note Pads/Pen	Snacks/Candy
Jewelry	Greeting Cards	Knitted items
Baby Items	Scarves	Bottled Water
Pocket Kleenex	Seasonal Items	Note Cards

Adult Coloring Books/Pencils

The new Gift Shop location is just off the main lobby

Chair Yoga

Mondays

Noon—1pm

By combining movements with breathing with mindfulness, individuals who participate regularly in yoga reap benefits.

Adult Coloring Club

Wednesdays

10-11:30am

Recently, adults across the country have picked up coloring books as a way to relax and unwind. Join us for adult coloring, the new craze which helps adults relax, de-stress and go back to that carefree feeling of not having a care in the world. Must bring your own supplies.

United Methodist Elder Care Communities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Onion Soup w/Croutons **Sloppy Joe** Green Beans Side Salad, Sliced Pears Wheat Hamburger Bun *(Shrimp Salad on Bun)*	**2** Lentil Soup **Chicken Cordon Bleu w/Gravy** Rice Pilaf Broccoli Sherbet White Bread *(Bologna & Cheese on White)*	**3** **BRUNCH** Fresh Fruit Cup **Scrambled Eggs** **Ham Slice** Tomato Slice Breakfast Bar	**4** Minestrone Soup **Hot Dog** Macaroni & Cheese Tossed Salad Fresh Fruit, Wheat Bread *(Italian Grinder)*	5 Red Chowder **Florentine Fish** Mashed Potatoes Sliced Carrots Lemon Pudding, Rye Bread *(Ham Salad on Rye)*
8 **CLOSED** **Victory Day**	**9** Venus de Milo Soup **Grilled Chicken** Caesar Salad w/Croutons/Parmesan/ Caesar Dressing Applesauce, Garlic Bread *(Meatball Sub)*	**10** Tomato Rice Soup **Sweet & Sour Pork Loin** Sweet Potatoes Mixed Vegetables, Italian Ice Dinner Roll *(Sliced Chicken & Cheese on a Roll)*	**11** Chicken Noodle Soup **Pot Roast w/Gravy** Mashed Potatoes California Blend Vegetables Diced Peaches, Wheat Bread *(Seafood Salad on Wheat)*	**12** Clear Chowder Country Crisp Fish/Tartar Sliced Seasoned Potatoes Broccoli Slaw, Fresh Fruit Multi Grain Bread *(Corned Beef & Swiss / Multi Grain)*
15 Beef Barley Soup **Roast Turkey w/Gravy** Butternut Squash Peas & Onions, Pineapple Chunks, Wheat Bread *(Roast Beef w/Cheese on Wheat)*	**16** Potato Leek Soup **Pub Burger w/Mushroom Gravy** Mashed Potatoes Summer Squash Fresh Fruit Oatmeal Bread *(Turkey Salad on Oatmeal)*	**17** Egg Drop Soup **Shrimp Chow Mein w/Crunchy Noodles** Oriental Blend Vegetables Mandarin Oranges Hamburger Bun *(Salami/Provolone on Bun)*	**18** **Happy Birthday** Chicken Soup w/Egg Barley **Italian Sausage** Seasoned Rigatoni, Peppers and Onions, Frosted Cupcake, Marble Bread, *(Italian Tuna on Marble)*	19 Lemonade **Marinated Grilled Chicken** Pasta Salad Cole Slaw Watermelon Dinner Roll *(Hamburger on a Bun)*
22 Kale & Bean Soup **Liver and Onions** Mashed Potatoes Vegetable Blend Oatmeal Bread, Mixed Fruit *(Fish Sandwich on Roll)*	**23** Cream of Brocolli Soup **Shepherds Pie** Asparagus Cuts Diced Peaches Wheat Dinner Roll *(Pulled Pork/Roll)*	**24** Split Pea Soup **Knockwurst w/Mustard** Boiled Potatoes Carrots Fresh Fruit Rye Bread, (Egg Salad on Rye)	**25** Beef Rice Soup **Turkey Swiss Wrap w/Sliced Tomato/Shredded Lettuce** Lemon Garlic Potato Salad Chocolate Pudding *(Tuna Wrap w/Lettuce/Tomato)*	**26** Juice **Honey BBQ Airline Chicken** Buttered Corn Tomato & Cucumber Salad Shortbread Cookies, Wheat Bread, *(Hot Dog on a Bun)*
29 Shrimp Bisque **Southwest Chicken Entrée Salad** Fruit Cocktail, Rye Bread *(Honey Ham & Cheese on Rye)*	**30** Chicken Soup **Meatballs w/Sauce** Pasta w/Sauce Italian Blend Vegetables Fresh Fruit, Sliced Italian Bread *(Turkey & Cheese on Italian)*	**31** Pasta & Beans **Stuffed Pork Chop w/Apple Sauce** Brussels Sprouts Coffee Cake, Oatmeal Bread *(Chicken Salad on Oatmeal)*	*Reservations Or Cancellations*	*Call 435-7800 Ext. 2*