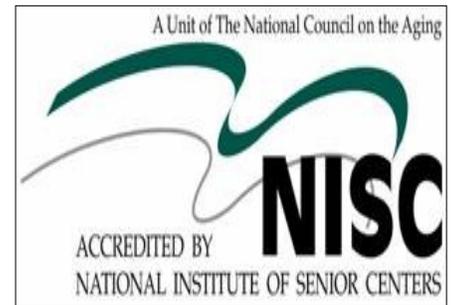


EAST PROVIDENCE

SENIOR ACTIVITY CENTER

"THE SENIOR VOICE"



*610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Dining Room Ext 2
Fax: 401.435.7803
www.eastprovidence.com*

January 2017

As We Begin the New Year

Our senior center serves the most vibrant to the extremely frail and from all socioeconomic and educational backgrounds. The center provides a broad range of activities and services, including: meals and nutritional programs, health and wellness programs, intergenerational programs, community service and civic engagement opportunities, public benefits counseling, recreational and educational opportunities, transportation, financial and retirement counseling, and arts & crafts programs.

The center creates a blend of activities and events appropriate to our community. We identify needs, collaborate with other community organizations, mobilize resources, and coordinate technical expertise and design programs and services.

Older adults and their families find tools, information and options that support them in their own self-care, prolonging independence and delaying institutionalization. Three components of successful aging are lowering the risk of disease and disability, maintaining high levels of mental and physical functioning and engaging actively in the community. All three are preventive programs found at the senior center.

The aging of the baby boom generation has challenged us to evolve into new and vital roles of service, expanding existing programs and developing efforts that promote self-determination, independence and healthy aging.

The center facilitates well-being in all its dimensions: physical, social, and economic.

We continue to follow our national senior center accreditation program which is based on operational standards, recognizes senior centers that have adapted effectively to their new responsibilities and have embraced quality improvement efforts.

Staff

Robert Rock	Director	Ext. 5
Maureen Carroll	Admin. Assistant	Ext. 4
Ellen Frazier	Resource Specialist	Ext. 3
Mary Jane Milner	Registered Nurse	Ext. 7
Sue Doyle	Dining Coordinator	Ext. 2
Dean Kirkwood	Facility Manager	
Pat Thomas	Receptionist	
Connie Caetano	Administration Volunteer	
Ed Daft	Transportation	
Steve Checralah	Transportation	
Lee Wilber	Transportation	
Dick Wood	Transportation	

Advisory Board

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

YOUR HEALTH

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!

Class size is limited. Pre-registration is required.

Dietitians

Ann Marie Sabula and Mary Proietta, Registered Dietitians 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

Meditation for You

Fridays @ 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 Eileen Frazier lead a weekly meditation group on Friday mornings @ 11 am.

This program is free and open to all members.

Women and Infants Hospital

Tuesday, January 3rd 9-11:00am.

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

Clinical Lab

Wednesday, January 4th 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.

Complimentary
Blood Pressure Clinics
10:30am

Orchard View Manor
Friday, January 6th

Waterview Villa
Wednesday, January 11th

Corpsman
Wednesday, January 18th

Evergreen House
Thursday, January 19th

Hattie Ide Chaffee Home
Tuesday, January 24th



Helpful hints on eating right

“Greening” with Mary Jane



New Year, Healthier You

New Year’s resolutions are a bit like babies: They’re fun to make but extremely difficult to maintain.

Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While about 75% of people stick to their goals for at least a week, less than half (46%) are still on target six months later.

It's hard to keep up the enthusiasm months after you've swept up the confetti, but it's not impossible. This year, pick one of the following worthy resolutions, and stick with it. Here’s to your health!

Lose Weight

The fact that this is perennially among the most popular resolutions suggests just how difficult it is to commit to. But you can succeed if you don’t expect overnight success. "You want results yesterday, and desperation mode kicks in," says Pam Peeke, MD, author of *Body for Life for Women*. "Beware of the valley of quickie cures

Stay in touch

Feel like old friends (or family) have fallen by the wayside? It’s good for your health to reconnect with them. Research suggests people with strong social ties live longer than those who don’t.

Volunteer

We tend to think our own bliss relies on bettering ourselves, but our happiness also increases when we help others, says Peter Kanaris, PhD, coordinator of public education for the New York State Psychological Association.

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 9:00am Walking Club
 9:00am Tax Preparation (Feb. -March)
 10:00am Mah Jongg
 10:30am Beginners Yoga
 10:30am Caregivers Support (3rd Mon)
 12:00pm Chair Yoga
 1:00pm Pokeno
 2:00pm Ballroom Dancing
 6:00pm Fit Mix

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

Wednesday

7:00am Intermediate Yoga
 8:30am East Side Lab (1st Wed)
 9:00am Blended Yoga
 10:00am Scrabble
 10:00am Adult Coloring
 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 (4th Thurs)
 6:00pm Yoga

Friday

8:00am Blended Yoga
 9:00am Billiard League
 10:00am Mah Jongg
 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

Chair Yoga

Mondays
 12pm—1pm

Chair Yoga is sponsored by



Daily

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

Coffee An

Every afternoon

2pm –3pm

Sponsored by

Brookdale Manor
 Retirement Living
 1440 Wampanoag Tl.
 401.433.5000

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.

Ballroom Dancing Monday 2pm \$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.

Card Games

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

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.

Fitness Programs

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
Thursday	Intermediate	6pm
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

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

January Highlights

Monday, January 2nd			CLOSED
Tuesday, January 3rd	Wellness Screenings	9:00am	Health Office
Wednesday, January 4th	Clinical Lab	8:30am	Health Office
	Stroke Club	1:30pm	Craft Room
Thursday, January 5th	SNAP	11:00am	Craft Room
Friday, January 6th	Blood Pressure Clinic	10:30pm	Dining Room
Monday, January 9th	Caregiver's Support	10:30am	Conference Room
Wednesday, January 11th	Blood Pressure Clinic	10:30am	Dining Room
Monday, January 16th	Martin Luther King Day		CLOSED
Wednesday, January 18th	RSVP Board Meeting	1:30pm	Conference Room
Thursday, January 19th	Blood Pressure Clinic	10:30am	Dining Room
	Red Hats	1:30pm	Dining Room
	AARP Board Meeting	1:30pm	Seminar Room
Friday, January 20th	InSight	12:45pm	Multi-Purpose Room
Tuesday, January 24th	Blood Pressure Clinic	10:30am	Dining Room
Thursday, January 26th	Advisory Board	9:30am	Conference Room
	Diabetes Support	1:00pm	Seminar Room
Monday, January 30th	Computer Assistance	2:00pm	Computer Lab

Thank You

Senator Daniel DaPonte for again sponsoring a Legislative Grant designating funds for the senior center.

Senator DaPonte has been a friend and longtime supporter of the center, caring about all issues relating to our senior population.

TOWNIE

Road Runners

April 23-30, 2017 Heart of the South - A Journey through New Orleans, Natchez and Lafayette -8 Days. Brochures are now available with full details and prices at the East Providence Senior Center. Trip will be leaving from T F Green Airport.

Sept. 18-21, 2017 Wildwood, NJ - 4 days to include 3 nights accommodation, 3 Full Breakfast, 3 Full Dinners including a Gala Event at the Convention Center with dinner, entertainment and prizes, Cocktail Party with Pizza and entertainment, day in Atlantic City at the Tropicana, Ice Cream Social, free time to enjoy the Boardwalk and the beach, taxes, luggage handling and dinner gratuities included and round trip Motor Coach transportation. **\$400.00 Double. or Triple Occ. - \$463.00 Single. \$50.00 deposit due at time of reservation.**

Sign up at the East Providence Senior Center in the office or call (401) 435-7800

Or call Eleanor Monteiro (401) 434-8194

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.

Nurse

Registered Nurse, Mary Jane Milner is available for appointments in the health office. She is a Certified Diabetes Educator who can help with any topic regarding diabetes, including: Blood glucose monitoring, medications, exercise and healthy eating. She is also available for any basic nursing questions you might have. To schedule a visit, call 435-7800 Ext. 7.

Nutrition Program:

The center provides a nutritional meal to approximately 85 seniors per day.

Transportation

The center provides daily door-to-door transportation to and from the center. Staff calls all riders in the morning with a pickup time, cost is \$1 roundtrip.

Please let us know at least one day in advance.

Notary

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

Seminars

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

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.



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.

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.

In-Sight Support

12:45pm - 3:00pm

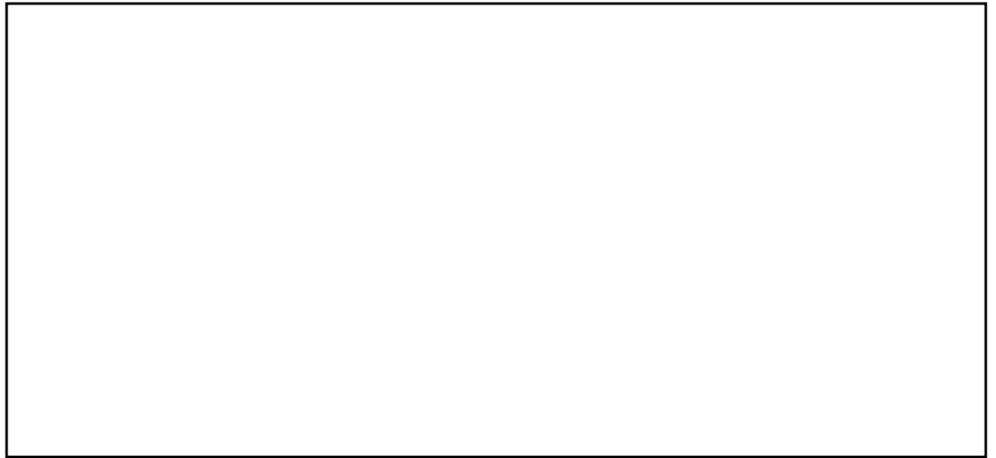
In-Sight offers programs and support in productive living for the visually impaired. The group meets the 3rd Friday of every month.

SENIOR HAPPENINGS

	MONDAY	TUESDAY	WEDNESDAY
	<p>2</p> <p>Happy New Year!</p>	<p>3</p> <p>9:00 Wellness Screenings 9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>4</p> <p>7:00 8:30 9:00 9:00 10:00 10:40 1:00 1:30</p>
	<p>9</p> <p>9:00 Yoga Class 10:30 Beginners Yoga 10:30 Caregivers Support 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix</p>	<p>10</p> <p>9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>11</p> <p>7:00 9:00 9:00 10:00 10:30 10:40 1:00</p>
	<p>16</p> 	<p>17</p> <p>9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>18</p> <p>7:00 9:00 9:00 10:00 10:30 10:40 1:00 1:30</p>
	<p>23</p> <p>9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix</p>	<p>24</p> <p>9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Hattie Ide Chaffee Blood Pressures 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>25</p> <p>7:00 9:00 9:00 10:00 10:40 1:00</p>
	<p>30</p> <p>9:00 Yoga Class 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 2:00 Computer Assistance 6:00 Fit Mix</p>	<p>31</p> <p>9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	

ENINGS CALENDAR

WEDNESDAY	THURSDAY	FRIDAY	
0 Yoga 0 Clinical Lab 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage 0 Stroke Club	5 9:30 Aerobic Exercise 11:00 SNAP 12:30 Bridge 1:00 Craft Group 6:00 Yoga	6 8:00 Blended Yoga 9:00 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 10 Waterview Blood Pressures 5 Chair Exercise 0 Cribbage	12 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga	13 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 10 Corpsman Blood Pressures 5 Chair Exercise 0 Cribbage 0 RSVP Board	19 9:30 Aerobic Exercise 10:30 Evergreen House Blood Pressures 12:30 Bridge 1:00 Craft Group 1:30 Red Hats 6:00 Yoga	20 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 In Sight 1:20 Hi Lo Jack	
0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage	26 9:30 Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 6:00 Yoga	27 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack	
			



Ads



To our endless
list of wonderful
volunteers

Volunteerism
is defined as the policy or
practice of volunteering
one's time or talents for
worthwhile activities, especially
in one's community.

The principle of donating time
and energy for the benefit of
other people in the community
as a social responsibility rather
than for any financial reward.

I witness this on a daily basis
and it is heart warming to see
all, at different times,
working on behalf of others.

You are certainly
a major reason why
we are so successful.



Thank you to the following for your support of the
center. During the year, in various ways you all assist
us in making this center an active and enjoyable
environment for our membership.
Without your support we would not be
the envy of all senior centers.

Access Health Care Inc.

Panera Bread

Dunkin Donuts

Evergreen House

Hattie Ide Chaffee Home

Women & Infants

Ann Marie Sabula

Eastside Lab

MTTI School

Ann & Bud Fagundes

Shirley & George Furtado

URI Senior Nutrition Program

Visiting Angels

AARP Tax Program

Neighborhood Health Plan

EP Police Dept.

East Bay CAP

RIPTA

Stop & Shop

Brookdale East Bay

Orchard View Manor

Waterview Villa

Elderwood of Riverside

Mary Proitta

Dr. Michael Reuter

Lifespan

Hope & Faith Food Drive

Sen. Danial DaPonte

Wingate Senior Living

Healy Physical Therapy

East Commerce Solutions

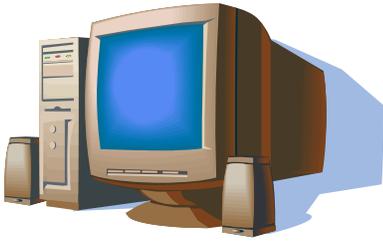
Mike Macial, Evergreen House

EP Fire Dept.

EP Highway Dept.

Computer/iPad Assistance

Monday, January 30th
2pm to 4pm



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

Library

Recent additions from the Best Sellers List

Wrong Side of Goodbye	Michael Connelly
Sleeping Beauty Killer	Mary Higgins Clark
Cross the Line	James Patterson
Filthy Rich	James Patterson
No Man's land	David Baldacci
Small Great Things	Jodi Picoult
The Award	Danielle Steel
Two by Two	Nicholas Sparks
Winter Storms	Elin Hilderbrand
The Whistler	John Grisham
Escape Clause	John Sandford



Inclement Weather

Information regarding closing due to snow or ice will be announced on Channels 12, 10, and 6

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.



New to our menu

SALAD OPTION AS ENTRÉE

Tuna-Tomato

Cucumber- Croutons

Lettuce Bed

Light Italian Dressing

Light Balsamic Dressing

YOU MUST ORDER AT LEAST ONE DAY IN ADVANCE

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

435-7800 Ext 2



Preparing for winter

- ◆ Remove broken tree limbs and branches, and clean gutters and downspouts.
- ◆ Schedule inspections for your roof, heating system and chimney.
- ◆ Replace screens with storm windows.
- ◆ Prepare an **emergency supply kit**.
- ◆ Insulate walls and pipes.
- ◆ Drain garden hoses, bring them inside, and turn off water to outside faucets.
- ◆ Seal cracks and holes in outside walls, the foundation and around windows and doors.
- ◆ Stock up on shovels, sand and non-corrosive ice melt, and if you have a snow blower, check to make sure it's working.

During a storm

- ◆ Avoid traveling unless absolutely necessary.
- ◆ If you're using a wood stove, fireplace or space heater, maintain a 36-inch clearance between the stove and combustible materials, such as clothing or furniture.
- ◆ If the **power goes out** and you have a generator, make sure you're using it safely with plenty of airflow space around the unit.

After a storm

- ◆ When shoveling, be careful to not overexert yourself – take frequent breaks and try not to lift heavy piles.
- ◆ Wear layers of loose-fitting, lightweight clothing to prevent frostbite and hypothermia.
- ◆ Restock your **emergency kit** so you're prepared for a future storm.
- ◆ After snowstorms and cold weather, you may be left with other weather-related hazards. To help you stay safe throughout the winter, we're sharing tips to prevent and treat these risks.

Emergency supply kit

- ◆ One way to prepare for a storm is to have an emergency supply kit ready. Here's a list of things to include:
 - ◆ First-aid supplies
 - ◆ Bottled water – one gallon per person per day, for at least three days
 - ◆ Nonperishable food
 - ◆ Battery-operated flashlight, radio and extra batteries
 - ◆ Prescription and other medications
 - ◆ Cash – ATMs may not work during a power outage
 - ◆ A charged cellphone
 - ◆ Phone numbers for emergency services, family, friends and neighbors
 - ◆ Blankets, clothing and toiletries
 - ◆ Necessary items for infants, elderly or disabled family members
 - ◆ Pet supplies – food, water and medications
 - ◆ It's a good idea to check your supply kit from time to time, to make sure nothing has expired.
- And remember to restock your kit after a storm, so it's ready for the future.

IRS warns of a new scam

If it sounds too good to be true, it probably is! In recent years, thousands of people have lost millions of dollars and their personal information to tax scams and fake IRS communication.

REMEMBER: The IRS doesn't initiate contact with taxpayers by email, text messages or social media channels to request personal or financial information. In addition, IRS does not threaten taxpayers with lawsuits, imprisonment or other enforcement action. Being able to recognize these tell-tale signs of a phishing or tax scam could save you from becoming a victim.

IRS-Impersonation Telephone Scams

An aggressive and sophisticated phone scam targeting taxpayers, including recent immigrants, has been making the rounds throughout the country. Callers claim to be employees of the IRS, but are not. These con artists can sound convincing when they call. They use fake names and bogus IRS identification badge numbers. They may know a lot about their targets, and they usually alter the caller ID to make it look like the IRS is calling.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting. Or, victims may be told they have a refund due to try to trick them into sharing private information. If the phone isn't answered, the scammers often leave an "urgent" callback request.

Note that the IRS will never:

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail you a bill if you owe any taxes.
- Threaten to immediately bring in local police or other law-enforcement groups to have you arrested for not paying.
- Demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe.
- Ask for credit or debit card numbers over the phone.

Local Scam

A person has been attaching stickers on residents doors stating

"Final Attempt"

"Please call for information"

and it gives an 877 area code number.

This is a scam

Martin Luther King

Martin Luther King, Jr. Day is a federal holiday in the United States honoring the achievements of Martin Luther King, Jr. - the chief spokesman for nonviolent activism in the civil rights movement to end racial segregation. It is observed on the **third Monday of January** each year, which is close to January 15, the King's birthday.

Martin Luther King, Jr. was the most influential of African American civil rights leaders during the 1960s, he was instrumental in the passage of the Civil Rights Act of 1964, which outlawed discrimination in public accommodations, facilities, and employment, and the Voting Rights Act of 1965. King was awarded the **Nobel Prize for Peace in 1964**. He was assassinated on April 4, 1968.

The bill established the holiday was signed by the President Ronald Reagan on November 2, 1983. The first observance nationwide was in 1986, but some states opposed to observed it as a paid holiday for state employees. As of the year 2000 all of the states officially recognize the holiday.

Martin Luther King, Jr. is one of the only three people who have national holidays in the USA, the other two are Christopher Columbus and George Washington.



Martin Luther King Event Wednesday, January 25, 2017 6pm in the City Council Chambers

There will be artwork from students from Orlo Avenue and Whiteknact Schools. Guest speakers will on hand and African American memorabilia on display as well.



"Life's most persistent and urgent question is, 'What are you doing for others?'"

"Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that".

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy".

"Faith is taking the first step even when you don't see the whole staircase".

Dr. Martin Luther King, Jr

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Closed New Year's	3 Beef Barley Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Chocolate Pudding Rye Bread <i>(Honey Ham & Cheese/Rye)</i>	4 Pasta & Bean Soup Chicken Leg Quarter <u>RI Grown Baked Potato w/Sour Cream</u> California Blend Vegetables Diced Peaches, Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i>	5 Split Pea Soup Baked Ham w/Pineapple Ring Mashed Sweet Potatoes Green Beans Sugar Cookies, Roll <i>(Chicken Salad on Roll)</i>	6 Clear Chowder Seafood Newburg Seasoned Brown Rice Capri Blend Vegetables Ice Cream, Wheat Dinner Roll <i>(Pastrami & Swiss on a Roll)</i>
9 Juice Turkey Chili w/Low Fat Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail <i>(Hamburger on a Bun)</i>	10 Tomato Vegetable Soup Chicken w/Artichokes/Roasted Peppers in Lemon Sauce Mashed Potatoes Tomato Half Pudding Pumpernickel Bread <i>(Italian Tuna / Pumpernickel)</i>	11 Chicken Soup w/Anci de pepe Kielbasa w/Mustard Boiled Potatoes Carrot & Cabbage Mix Jello, Wheat Bread <i>(Sliced Chicken w/Cheese on Wheat)</i>	12 Red Chowder Country Crisp Fish w/Tartar Rice Pilaf Scandinavian Blend Vegetables Brownie, Marble Bread <i>(Meatloaf on Marble)</i>	13 Chicken Escarole Soup Chicken Fried Steak w/Country Gravy Whipped Potatoes Baby Whole Carrots Fresh Fruit, Rye Bread <i>(Tuna on Rye)</i>
16 Martin Luther King Jr. Day	17 Egg Drop Soup Orange Glazed Chicken Fried Rice Vegetable Egg Roll Ice Cream Marble Bread <i>(Egg Salad on Marble)</i>	18 100% Orange Juice Baked Ham Cheese Omelet w/Tomato Slice Crispy Cube Potatoes Fruited Yogurt <i>(Turkey on 9 Grain w/ side salad of lettuce and tomato-Italian)</i>	19 <u>Happy Birthday</u> Tomato Soup w/Brown Rice Airline Chicken Red Bliss Mashed Potatoes Green Beans, Frosted Cupcake, Wheat Bread <i>(Tuna on Wheat)</i>	20 Corn Chowder Stuffed Sole w/Scallops & Clams Oven Roasted Potatoes Broccoli Slaw Sliced Pears, Dinner Roll <i>(Italian Grinder)</i>
23 Onion Soup w/CROUTONS Shepherds Pie w/Ketchup Prince Edward Blend Vegetables Italian Ice, Garlic Roll <i>(Turkey Meatloaf on Wheat)</i>	24 Lentil Soup Stuffed Pork Chop w/Applesauce Ratatouille (Diced Eggplant, & Tom) Mandarin Oranges, Roll <i>(Shrimp Salad on a Roll)</i>	25 Chicken Soup Liver & Onions w/Gravy <u>RI Oven Roasted Potatoes</u> Mixed Vegetables, Fresh Fruit Pumpernickel Bread <i>(Chicken Salad on Pumpernickel)</i>	26 Kale & Bean Soup American Chop Suey Whole Wheat Elbow Pasta Broccoli Cuts, Butterscotch Pudding, Rye Bread, <i>(Ham Salad on Rye)</i>	27 White Chowder Pub Burger w/ au jus Macaroni and Cheese Carrot Slaw, Sour Cream Coffee Cake, Wheat Bread <i>(Hot Dog on Bun w/ cond.)</i>
30 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf, Brussel Sprouts Sliced Peaches, Oatmeal Bread, <i>(Tuna on Oatmeal)</i>	31 Vegetable Soup Turkey Meatloaf w/Cranberry Chutney , Mashed Potato, Green Beans, Cookies, Marble Bread, <i>(Corned Beef & Swiss/Marble)</i>	For Reservations Call 435-7800 Ext 2		Salad of the Month Tuna - Tomato Cucumber-CROUTONS Lettuce Bed Light Italian Dressing
All reservations must be made by 11am the day before				