

# East Providence Senior Activity Center

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

## May 2016



## 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 Checraallah  
Dick Wood     Lee Wilber  
Transportation

### Advisory Board

Elaine Robinson     Eleanor Monteiro

Angela Caldarone-Byrd     George Furtado

Ann Fagundes     Ken Goucher

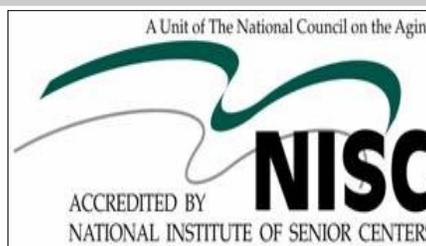
Jan Kinder     Manny Larangeira

Donald Senna     Mary Ann Leonardo



**HAPPY  
ANNIVERSARY**  
**The East Providence  
Senior Center is  
18 years young this  
month.**

**It is certainly a tribute to the city, staff,  
and members to see how far we have  
come since we first opened the doors at  
610 Waterman Avenue.**



# HIGHLIGHTS

Tuesday, May 3rd	<b>Wellness Screenings</b>	9:00am
Wednesday, May 4th	<b>Clinical Lab</b>	8:30am
	<b>Stroke Club</b>	1:30pm
Thursday, May 5th	<b>SNAP</b>	11:00am
Friday, May 6th	<b>Blood Pressures</b>	10:30am
Wednesday, May 11th	<b>Blood Pressures</b>	10:30am
Monday, May 16th	<b>Blood Pressures</b>	10:30am
	<b>Caregivers Support</b>	10:30am
Thursday, May 19th	<b>Blood Pressures</b>	10:30am
	<b>AARP Board Meeting</b>	1:00pm
	<b>Red Hatters</b>	1:30pm
Friday, May 20th	<b>In-Sight Support Group</b>	12:45pm
Monday, May 23rd	<b>Computer Assistance</b>	2:00pm
Tuesday, May 24th	<b>Blood Pressures</b>	10:30am
Wednesday, May 25th	<b>RSVP Board Meeting</b>	1:00pm
Thursday, May 26th	<b>Advisory Board</b>	9:30am
	<b>Diabetes Support</b>	1:00pm
	<b>Senior Fair</b>	5:00pm
Monday, May 30th	<b>Memorial Day</b>	CLOSED
Tuesday, May 31st	<b>Safe &amp; Sound Fall Prevention</b>	11:00am

## Safe & Sound Fall Prevention Program

May 31, 2016  
11:00 am  
Seminar Room

**1** out of every 3  
individuals over the age of  
65 falls



**Don't Be a Statistic**  
The time to think about  
fall prevention is now

# 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.

## 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.

**“Remember that not getting what you want is sometimes a wonderful stroke of luck”**

Dalai Lama

# 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)

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

## Computer/iPad

### Assistance

Monday, May 23rd  
 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.

## 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 Chair Yoga \$3 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, May 3rd

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.



## Clinical Lab

Wednesday, May 4th @ 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.**

## Blood Pressure Clinics

10:30–11:30am

Friday, May 6th

Sponsored by **Orchard View Manor**

Wednesday, May 11th

Sponsored by **Waterview Villa**

Monday, May 16th

Sponsored by **Country Gardens Nursing Rehab**

Thursday, May 19th

Sponsored by **Evergreen House**

Tuesday, May 24th

Sponsored by **Hattie Ide Chaffee**

# National Stroke Awareness Month

National Stroke Awareness Month began in May 1989 after President [George H. W. Bush](#) signed the Presidential Proclamation 5975. National Stroke Awareness Month aims to increase the public awareness about the warning signs of stroke, symptoms of a stroke, stroke prevention, and the impact of stroke on survivors, families and caregivers. The United States Government, along with National Stroke Association, the American Heart Association, and other [non-profits](#), work together to educate the American people about the prevention of stroke and provide key resources to stroke survivors.

You have heard the term over and over again but you still wonder: What is stroke anyway? Stroke is a sudden impairment in brain function. One may suffer an inability to speak or speak clearly, walk, or move a limb because blood has stopped flowing to an area of the brain. Usually, this is caused by the blockage, or the rupture, of a blood vessel.

Unlike mini strokes, which are also known as [transient ischemic attacks \(TIA\)](#), whose symptoms resolve on their own in less than 24 hours, strokes leave behind long-lasting neurological impairments. The severity of these impairments depends on how large the damage is to the brain, and on the part of the brain that is affected.



## Stroke symptoms

Strokes symptoms can vary from common problems such as dizziness or headache, to unusual symptoms, such as the sudden inability to speak or to understand others when they speak. Learn about the many different ways a stroke can show up in someone's life, and about why it is so important to seek prompt medical attention when they occur.

**Come join us for the [Walking Club](#)**

**Mondays @ 9:00 am beginning May 2<sup>nd</sup> 2016**

**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!](#)**

# SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
	<p><b>2</b>            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</p>	<p><b>3</b>  <b>9:00 W&amp;I Wellness Screenings</b>            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><b>4</b>            7:00 Yoga  <b>8:30 Clinical Lab</b>            9:00 Blended Yoga            9:30 DOE Class            10:00 Scrabble            10:00 Adult Coloring            10:45 Chair Exercise            1:00 Cribbage  <b>1:30 Stroke Club</b></p>
	<p><b>9</b>            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</p>	<p><b>10</b>            9:30 Aerobic Exercise            9:30 Painting Class            9:30 Wii Bowling  <b>10:30 Home HealthSmith</b>            11:00 Tai Chi            12:30 Painting Class            1:25 Bingo</p>	<p><b>11</b>            7:00 Yoga            9:00 Blended Yoga            10:00 Scrabble            10:00 Adult Coloring  <b>10:30 Waterview Blood Pressure</b>            10:45 Chair Exercise            1:00 Cribbage</p>
	<p><b>16</b>            9:00 Walking Club            9:00 Yoga Class            10:30 Beginner's Yoga  <b>10:30 Caregivers Support</b>  <b>10:30 Country Gardens Blood Pressures</b>            12:00 Chair Yoga            1:00 Pokeno            2:00 Ballroom Dance            6:00 Fit Mix</p>	<p><b>17</b>            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><b>18</b>            7:00 Yoga            9:00 Blended Yoga            10:00 Scrabble            10:00 Adult Coloring            10:45 Chair Exercise            1:00 Cribbage</p> 
	<p><b>23</b>            9:00 Walking Club            9:00 Yoga Class            10:30 Beginners Yoga            12:00 Chair Yoga            1:00 Pokeno            2:00 Ballroom Dance  <b>2:00 Computer Assistance</b>            6:00 Fit Mix</p>	<p><b>24</b>            9:30 Aerobic Exercise            9:30 Painting Class            9:30 Wii Bowling  <b>10:30 Life Care at Home</b>  <b>10:30 Hattie Ide Blood Pressures</b>            11:00 Tai Chi            12:30 Painting Class            1:25 Bingo</p>	<p><b>25</b>            7:00 Yoga            9:00 Blended Yoga            10:00 Scrabble            10:00 Adult Coloring            10:45 Chair Exercise            1:00 Cribbage  <b>1:00 RSVP Board</b></p>
	<p><b>30</b></p> 	<p><b>31</b>            9:30 Aerobic Exercise            9:30 Painting Class            9:30 Wii Bowling  <b>11:00 Safe &amp; Sound Fall Prevention</b>            11:00 Tai Chi            12:30 Painting Class            1:25 Bingo</p>	

DAY	THURSDAY	FRIDAY	
Class e	<p><b>5</b>  <b>8:00 Podiatrist</b>            9:30 Aerobic Exercise  <b>11:00 SNAP</b>            12:30 Bridge            1:00 Craft Group</p>	<p><b>6</b>            8:00 Blended Yoga            10:00 Scrabble            10:30 <b>Orchard View Blood Pressures</b>  <b>10:30 Fitness Advisor</b>            10:45 Chair Exercise            11:00 Meditation            1:20 Hi Lo Jack</p>	
Class res e	<p><b>12</b>            9:30 Aerobic Exercise            12:30 Bridge            1:00 Craft Group            6:00 Yoga</p> 	<p><b>13</b>            8:00 Blended Yoga            10:00 Scrabble  <b>10:30 Fitness Advisor</b>            10:45 Chair Exercise            11:00 Meditation            1:20 Hi Lo Jack</p>	
Class e	<p><b>19</b>            9:00 Retired Teachers            9:30 Aerobics  <b>10:30 Evergreen Blood Pressures</b>            12:30 Bridge            1:00 Craft Group  <b>1:00 AARP Board</b>  <b>1:30 Red Hats</b></p> 	<p><b>20</b>            8:00 Blended Yoga            10:00 Scrabble  <b>10:30 Fitness Advisor</b>            10:45 Chair Exercise            12:45 In-Sight            1:20 Hi Lo Jack</p>	
Class e	<p><b>26</b>            9:30 Aerobic Exercise  <b>9:30 Advisory Board</b>            12:30 Bridge            1:00 Craft Group  <b>1:00 Diabetes Support</b>  <b>5:00 Senior Health Fair</b></p>	<p><b>27</b>            8:00 Blended Yoga            10:00 Scrabble  <b>10:30 Fitness Advisor</b>            10:45 Chair Exercise            11:00 Meditation            11:20 Hi Lo Jack</p>	

Ads

## Coffee An

Every afternoon

2pm ~3pm

Sponsored by

Brookdale Manor Retirement Living

1440 Wampanoag Trail

401.433.5000

## Tuesday in the lobby

10:30am

Home Healthsmith

May 10th

Home Healthsmith believes that a safe, functional environment delivers freedom, mobility and confidence. We offer many solutions to help accommodate a person's needs such as elevators, dumbwaiters, stair lifts, ceiling lifts, vertical platform lifts, wheelchair ramps, home modifications, installation of grab bars and other accessibility equipment. These solutions allow individuals to maintain their level of comfort without compromising their health or safety. We are CAPS Certified for Aging in Place through the National Association of Home Builders and members of the Rhode Island Builders Association. In addition, we hold an ECHM which is an Executive Certification in Home Modifications.

### Life Care at Home's Patient Care

May 24th

Are you or someone you know in need of assistance with medications, unsteady on your feet, or had frequent hospital or ER visits?

Life Care at Home's Patient Care Representative will answer your questions about Home Health Care.

### 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

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 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.

**"Be thankful for what you have; you'll end up having more.**

**If you concentrate on what you don't have you will never ever have enough"**

Oprah Winfrey

# ***23rd Annual National Senior Health & Fitness Day*** ***Wednesday, May 25th --*** ***Seniors Celebrating Health & Wellness***



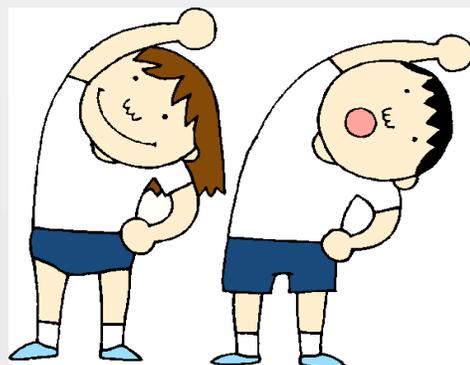
**2016 Theme:**  
**“Improve Your Health for a  
Better Self!”**



100,000 older adults will participate in activities at more than 1,000 locations throughout the U.S. on **Wednesday, May 25, 2016** as we celebrate the 23rd annual National Senior Health & Fitness Day. The common goal for this day: to help keep older Americans healthy and fit. Always set for the last Wednesday in May, National Senior Health & Fitness Day is the nation's largest annual health promotion event for older adults

**In the spirit of thanking all those who currently participate and to encourage all those who are thinking about it.**

**There will be no charge for  
all fitness classes  
Monday, May 23rd—Friday May 27th**





# FREE SHRED-A-THON



**Friday, May 6<sup>th</sup>**  
9:00 a.m. – 11:00 a.m.  
Attorney General Peter F. Kilmartin  
is hosting a free “shred-a-thon”

*All materials collected are guaranteed to be safely disposed of and recycled.*  
**two box or bag limit**

When you drop off your shredding, please consider bringing a non-perishable food item for the Rhode Island Community Food Bank – representatives will be on hand to collect food donations.

Sponsored by Doc Shredding,  
a National Information Destruction Association-  
certified information destruction contractor

[www.docshreddingcorp.com](http://www.docshreddingcorp.com)



For more information, please visit [www.riag.ri.gov](http://www.riag.ri.gov)



**NEW**  
**Beginning in June**  
**Yoga**  
**Thursdays 6pm**



60 minute Yoga flow!  
All levels welcome  
\$5.00 per class

**FREE**  
Introductory class  
Thursday June 2nd

# HAPPY MOTHER'S DAY

To all

Moth-

## er's and Grandmother's

Mother's Day is a celebration honoring the mother of the family, as well as motherhood, maternal bonds, and the influence of mothers in society.

Mama was my greatest teacher, a teacher of compassion, love and fearlessness. If love is sweet as a flower, then my mother is that sweet flower of love.  
Stevie Wonder

All that I am, or hope to be,  
I owe to my angel mother.  
Abraham Lincoln

Being a full-time mother is one of the highest salaried jobs... since the payment is pure love.  
Mildred B. Vermont

When you are a mother, you are never really alone in your thoughts. A mother always has to think twice, once for herself and once for her child.  
Sophia Loren

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## Senior Fair

Thursday, May 26th

5 to 7pm

East Providence Senior Center Hosts

Congressman David Cicilline's

Senior Resource Fair

Numerous Federal & State Agencies will take part in this informational fair.

Ag ng.  
It's Everybody's  
Business.

# Memorial Day

# Warnings



Monday, May 30th

Memorial Day was originally called Decoration Day and was initiated to honor the soldiers for the Union and Confederate armies who died during the American Civil War.

Celebrations honoring Civil War heroes started the year after the war ended. The establishment of a public holiday was meant to unify the celebration as a national day of remembrance instead of a holiday celebrated separately by the Union and Confederate states. By the late 19th century, the holiday became known as Memorial Day and was expanded to include the deceased veterans of all the wars fought by American forces. In 1971, Memorial Day became a federal holiday.

The original national celebration of Decoration Day took place on 30 May 1868. When Memorial Day became a federal holiday, it was given the floating date of the last Monday in May. Since many companies close for the holiday, Memorial Day weekend is three days long for most people. It is the unofficial beginning of the summer vacation season that lasts until the first Monday in September, which is [Labor Day](#).

Peter F. Kilmartin  
Attorney General



Before you make any charitable donation, Attorney General Kilmartin offers these tips: Verify the legitimacy of the organization. Several websites, including [www.charitynavigator.org](http://www.charitynavigator.org), [www.give.org](http://www.give.org) and [www.guidestar.org](http://www.guidestar.org) provide helpful information regarding numerous charities. These websites can be a useful starting point for consumers looking to research companies prior to making a donation.

Find out how your donation will be used and what percentage of the funds will be used for programming and how much will be spent on administrative costs.

Do not pay bills or invoices you have received from charities unless you know you have already made a commitment to support them.

Never send cash! Always contribute by check or credit card and donate directly to the charity.

Remember to ask for a receipt and a statement that the contribution is tax deductible.

***Always remember the old saying—if it sounds too good to be true, it probably is!***

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <u>May Breakfast</u> Orange Juice Scrambled Eggs Baked Virginia Ham Home Fried Potatoes Fresh Fruit Cup	<b>3</b> Chicken Escarole Soup <b>Italian Style Chicken Cutlet</b> Seasoned Pasta Tossed Salad , Fresh Fruit, Italian Bread, ( <i>Salami &amp; Provolone on Italian</i> )	<b>4</b> Tomato & Brown Rice Soup <b>Pub Burger w/Au Jus</b> Tater Tots Florentine Blend Vegetables Sliced Pears, Wheat Hamburger Roll, ( <i>Egg Salad on Hamburger Roll</i> )	<b>5</b> <u>Cinco de Mayo</u> Tortilla Soup <b>Spanish Style Pork</b> Black Beans and Rice Vegetable Mix Tapioca Pudding, Bread ( <i>Chicken Salad on Multi Grain</i> )	<b>6</b> <u>Mothers Day Celebration</u> Onion Soup w/ Croutons <b>Stuffed Chicken w/Gravy</b> Mashed Potatoes, Blend Veg- etables, Coffee Cake, Wheat Bread, ( <i>Tuna on Wheat</i> )
<b>9</b> Beef Vegetable Soup <b>Liver &amp; Onions</b> Oven Roasted Potatoes Mixed Vegetables Pudding, White Bread ( <i>Seafood Salad on White</i> )	<b>10</b> Cottage Cheese w/Pineapple <b>Pulled Pork, Baked Beans</b> Cole Slaw, Sherbet, Oat- meal Bread ( <i>Italian Chicken Salad on Oatmeal</i> )	<b>11</b> Chicken Soup w/Egg Barley <b>Roast Turkey w/Gravy</b> Stuffing Baby Whole Carrots Fresh Fruit, Marble Bread ( <i>Pastrami &amp; Swiss on Marble</i> )	<b>12</b> Red Chowder <b>Seafood Casserole</b> Baked Potato, Broccoli Slaw Sugar Cookies, Rye Bread ( <i>Honey Ham &amp; Cheese on Rye</i> )	<b>13</b> Potato Leek Soup <b>French Meat Pie w/Ketchup</b> Brussel Sprouts Sliced Peaches Wheat Dinner Roll ( <i>Shrimp Salad on Grinder Roll</i> )
<b>16</b> Italian Wedding Soup <b>Veal Parmesan</b> Seasoned Ziti Italian Blend Vegetables Spumoni, Italian Bread ( <i>Chicken Salad on Italian</i> )	<b>17</b> Tomato Vegetable Soup <b>Grilled Chicken</b> Caesar Salad & Parmesan Cheese, Lorna Doone Cookies, Multi Grain Bread ( <i>Bologna/Cheese Multi Grain</i> )	<b>18</b> Navy Bean Soup <b>Baked Ham w/Glaze</b> Sweet Potatoes Broccoli, Butterscotch Pudding Wheat Bread ( <i>Meatballs on Grinder Roll</i> )	<b>19</b> <u>Happy Birthday</u> Venus de Milo Soup <b>Shepard's Pie w/Ketchup</b> Peas & Carrots Frosted Cupcake Garlic Bread, ( <i>Italian Bread</i> )	<b>20</b> Lentil Soup <b>Florentine Fish</b> Mashed Potatoes Green Beans, Fresh Fruit Rye Bread ( <i>Corned Beef &amp; Swiss on Rye</i> )
<b>23</b> Escarole & Bean Soup <b>Italian Sausage on a Roll</b> Peppers & Onions Pasta w/Sauce Mandarin Oranges ( <i>Egg Salad on a Roll</i> )	<b>24</b> Egg Drop Soup <b>Chicken Chow Mein</b> Fried Rice, Stir Fried Vegetables, Vanilla Pudding, Hamburger Bun ( <i>Hamburger on a Bun</i> )	<b>25</b> Chicken Soup <b>American Chop Suey</b> Elbow Pasta, Summer Squash Pound Cake, Oatmeal Bread ( <i>Ham Salad on Oatmeal</i> )	<b>26</b> Minestrone Soup <b>Egg Salad</b> Baked Chips, Tomato & Cucumber Salad, Fresh Fruit Dinner Roll ( <i>Turkey on Wheat Bread</i> )	<b>27</b> <u>Memorial Day</u> Chicken Gumbo Soup Rotisserie Chicken Leg Quarter Baked Beans Cole Slaw Ice Cream Roll Pumpernickel Bread ( <i>Tuna on Pumpernickel Bread</i> )
<b>30</b> <u>CLOSED</u> Memorial Day	<b>31</b> Corn Chowder <b>Country Crisp Fish w/Tartar Sauce</b> Mashed Potatoes, Mixed Vegetables, Fruit Cocktail Wheat Hamburger Bun ( <i>Meatloaf w/Ketchup on Bun</i> )	<i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i>	<b>Please Call  435-7800  Ext. 2</b>	<b>For  Reservations  And  Cancellations</b>