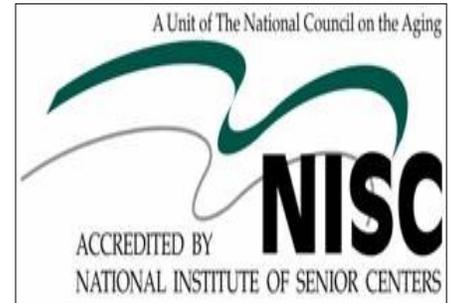


EAST PROVIDENCE

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*

October 2016

Open Enrollment for Medicare

Annual Open Enrollment for Medicare recipients is October 15th through December 7th. This is the only time of year most Medicare recipients can change their health insurance and 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!**

A representative from **Blue Chip** will be available

Breed Hall on Thursday, October 20 at 10:30am

Breed Hall on Thursday, November 17 at 10:30am

Wed. Dec. 7 from 9:30 AM until 12:00 PM
for any last minute questions on 2017 Blue CHiP
for Medicare plans.

This is the last day to make any changes to your
Medicare coverage for 2017!

Representative from **United Health** will be available

Breed Hall on Tuesday, November 1st @ 10:30am

Breed Hall on Tuesday, December 2nd @ 10:30am

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 Checrallah	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

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.

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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

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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 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.

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Women and Infants Hospital

**Tuesday, Oct. 4th
9-11:00am.**

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

HEALTH

Blood Pressure Clinics

10:30am

Orchard View Manor
Friday, Oct. 7th

Waterview Villa
Wednesday, Oct. 12th

Evergreen House
Thursday, Oct. 20th

Hattie Ide Chaffee Home
Tuesday, Oct. 25th



**Nurse Angelina with the
Women & Infants
Family Van program
Tuesday, Oct. 4th
9-11:00am.**

Preparing for the Flu Season What is important to know?

Flu season is just around the corner: It typically begins in October or November, peaks in January or February and can continue through May. Given that it takes about two weeks for the vaccination to build the antibodies necessary for protection, what better time than now to get vaccinated? The influenza virus change every season, so it is important to get vaccinated each and every year. For example, this year, the main strain of the virus is completed different than last year, so the antibodies you acquire from last year's vaccination may not be effective against this year's strain. Certain populations of people are more susceptible to the flu and should be sure to obtain a vaccination each and every year, this is certainly true for seniors. If you have certain medical conditions (e.g. asthma, lung disease, diabetes), are 65 years or older, you should especially get an influenza vaccination.

Good news is that our senior center is now certified to administer state supplied influenza vaccine! We will announce when the state releases the supply and make it available. The anticipated dates are the second week of October, stay tuned!

**THE
FLU
ENDS WITH**



STAY HEALTHY THROUGH THE FLU SEASON

Protect yourself by getting your flu vaccination
East Providence Senior Center
Members Flu Clinic
Wednesday
October 12, 2016
9 am – 12 pm
Held in the EPSC Health Office
No out of pocket cost to you
Please bring your ID and insurance card
Call if you have any questions or you would like to
schedule an appointment for your flu vaccination
401-435-7800 ext. 7

Weekly/Monthly Programs

Monday

9:00am Intermediate Yoga
 9:00am Walking Club
 9:00am Tax Preparation (Feb. -March)
 10:30am Beginners Yoga
 10:30am Caregivers Support (3rd Mon)
 Noon 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



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

October Highlights

Tuesday, Oct. 4th	Wellness Screenings	9:00am	Health Office
Wednesday, Oct. 5th	Clinical Lab	8:30am	Health Office
	Stroke Club	1:30pm	Craft Room
Thursday, Oct. 6th	SNAP	11:00am	Craft Room
Friday, Oct. 7th	Blood Pressure Clinic	10:30pm	Dining Room
Monday, Oct. 10th	Columbus Day	CLOSED	
Wednesday, Oct. 12th	Blood Pressure Clinic	10:30am	Dining Room
Monday, Oct. 17th	Caregiver's Support	10:30am	Conference Room
Tuesday, Oct. 18th	Rite at Home	10:30am	Lobby
Wednesday, Oct. 19th	RSVP Board Meeting	1:30pm	Conference Room
Thursday, Oct. 20th	Blue Chip	10:30am	Breed Hall
	Blood Pressure Clinic	10:30am	Dining Room
	Red Hats	1:30pm	Dining Room
	AARP Board Meeting	1:30pm	Seminar Room
Friday, Oct. 21st	InSight	12:45pm	Multi-Purpose Room
Tuesday, Oct. 25th	Diabetes Ed Class	9:30am	Seminar Room
	Blood Pressure Clinic	10:30am	Dining Room
Thursday, Oct. 27th	Advisory Board	9:30am	Conference Room
	Diabetes Support	1:00pm	Seminar Room
Monday, Oct. 31st	Computer Assistance	2:00pm	Computer Lab

“ A beautiful day begins with a beautiful mindset. When you wake up, take a second to think about what a privilege it is to simply be alive and healthy. The moment you start acting like life is a blessing, I assure you it will start to feel like one.”

Michael Baisden Live

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>3</p> <p>9:00 Yoga Class 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix</p>	<p>4</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>5</p> <p>7:00 8:30 9:00 9:00 10:00 10:40 1:00 1:30</p>
	<p><i>Columbus Day</i></p> 	<p>11</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>12</p> <p>7:00 9:00 9:00 10:00 10:30 10:40 1:00</p>
	<p>17</p> <p>9:00 Yoga Class 9:00 Walking Club 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>18</p> <p>9:30 Aerobic Exercise 9:30 Painting Class 9:30 Wii Bowling 10:30 Rite At Home 11:00 Tai Chi 12:30 Painting Class 1:25 Bingo</p>	<p>19</p> <p>7:00 9:00 9:00 10:00 10:40 1:00 1:30</p>
	<p>24</p> <p>9:00 Yoga Class 9:00 Walking Club 10:30 Beginners Yoga 12:00 Chair Yoga 1:00 Pokeno 2:00 Ballroom Dancing 6:00 Fit Mix</p>	<p>25</p> <p>9:00 Diabetes Ed Class 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>26</p> <p>7:00 9:00 9:00 10:00 10:40 1:00</p>
	<p>31</p> <p>9:00 Yoga Class 9:00 Walking Club 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>FU S</p>

ENINGS CALENDAR

WEDNESDAY	THURSDAY	FRIDAY	
<p>0 Yoga 0 Clinical Lab 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage 0 Stroke Club</p>	<p>6 9:30 Aerobic Exercise 11:00 SNAP 12:30 Bridge 1:00 Craft Group 6:00 Yoga</p>	<p>7 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</p>	
<p>0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 10 Waterview Blood Pressures 5 Chair Exercise 0 Cribbage</p>	<p>13 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga</p>	<p>14 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>	
<p>0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage 0 RSVP Board</p>	<p>20 9:30 Aerobic Exercise 10:30 Blue Chip 10:30 Evergreen House Blood Pressures 12:30 Bridge 1:00 Craft Group 1:30 Red Hats 6:00 Yoga</p>	<p>21 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</p>	
<p>0 Yoga 0 Blended Yoga 0 Scrabble 0 Coloring Class 5 Chair Exercise 0 Cribbage</p>	<p>27 9:30 Advisory Board 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 6:00 Yoga</p>	<p>28 8:00 Blended Yoga 9:00 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>	
			

Ads



**10 Week Club
First Drawing
Tuesday October 18th**

**Grand Prizes Awarded
December 20th**
\$25.00 drawing will take place
each week for ten weeks

Grand Prizes

1 st Prize	\$250
2 nd Prize	\$150
3 rd Prize	\$100

Tickets can be
purchased in the
Administration Office

**“In the end, it’s not the years in your life
that count. It’s the life in your years.”**

Abraham Lincoln

Chair Yoga

Mondays
Noon—1pm

Chair Yoga is sponsored by



TOWNIE Road Runners

Nov. 28-30th 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 and motor coach
Transportation.
\$300.00 Triple \$354.00 Single

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

Sign up at the East Providence Senior Center in the
office or call (401) 435-7800
Or call Eleanor Monteiro (401) 434-8194

Mah Jongg Free Instruction

Instructor Carol Desforges has agreed to teach another group beginning Friday, Oct. 7th. Carol is a retired high school teacher who loves to play and teach Mah Jongg. As an instructor of Mah Jongg, she has been teaching at senior centers since 2007. Mrs. Desforges will volunteer her time free of charge to teach Mah Jongg to groups of a minimum of 4 or more people. The maximum size of a beginner class is 10 participants.

Mrs. Desforges comes with Mah Jongg sets and the score cards to teach beginners.

**Sign up in the
Administration Office**

Dining Room

**YOU MUST ORDER AT LEAST
ONE DAY IN
ADVANCE FOR MEALS**

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

**435-7800
Ext 2**



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.**



Fitness Advisor

Mike Maciel, PTA

In our fitness room every Friday morning

10:30-11:30am

Sponsored by

Evergreen House Health Center

Program Highlights

Tai Chi

Tuesdays 11am \$3

If you're looking for a way to reduce stress, consider tai chi (TIE-CHEE). Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that's now used for stress reduction and a variety of other health conditions.

Often described as meditation in motion, tai chi promotes serenity through gentle, flowing movements.

Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. In fact, because tai chi is a low impact exercise, it may be especially suitable if you're an older adult who otherwise may not exercise.



INSTRUCTOR ALLAN KNIGHT has been leading the group for many years and has a great way about him in reducing stress and anxiety.



Aerobics

Tuesday & Thursday 9:30am \$2

Aerobics is a form of physical exercise that combines rhythmic aerobic exercises with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness). With the goal of preventing illness and promoting physical fitness, practitioners perform various routines comprising a number of different dance-like exercises. car-pre-fit-

Each class is designed for our members and taught by **KAREN BOYD**, who has been with us longer than any other instructor.



Members helping Members

Over the years friendships have been made and sustained at our center. Many members have gone out of their way to help others who may be in need and we take great pride in fostering those relationships. I was made aware of one such act of kindness where a members went out of his way to inquire on how another member could have a piece of equipment fixed. After some back and forth the company stated that they no longer made the part needed but the company was willing to replace entire piece with a brand new one at no cost. We thank this member and all others who have found it in their heart to go above and beyond in assisting others.



**Open Enrollment for Medicare
and
Flu Season Vaccine**

Seven Hills RI's Rite @ Home

Tuesday, Oct. 18th

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.

AARP Smart Driving Course

Nov. 7th

The new curriculum contains the latest research & industry insights and exciting new topics.

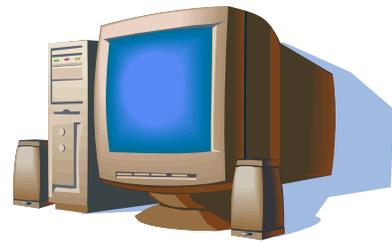
The new workbook contents are participant friendly and easy to follow. The associated program video has been re-formatted and includes interviews with experts.

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.



Computer/iPad Assistance

Monday, Oct. 31st

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.

"People who think they know everything are a great annoyance to those of us who do."

Isaac Asimov

DVD Collection

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Chicken Vegetable Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding, Marble Bread (Egg Salad on Marble)</p> <p>10</p> <p>CLOSED</p> <p>Columbus Day</p>	<p>4 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/Ketchup Fruited Yogurt</p> <p>11 Vegetable Soup Fried Steak /Country Gravy Crispy Potatoes Brussels Sprouts Fruit Cocktail Multi-Grain Bread (Turkey & Swiss on Multi-Grain)</p>	<p>5 Chicken Escarole Soup Stuffed Chicken/ Gravy Oven Roasted Potatoes Green Beans Cookie Wheat Dinner Roll (Pulled Pork on a Roll)</p> <p>12 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Sweet Potatoes Capri Blend Vegetables Italian Ice, Dinner Roll (Tuna Salad on a Roll)</p>	<p>6 Cream of Broccoli Soup Shepherds Pie Asparagus Cuts, Diced Peaches, Whole Grain Bread, (Salamy/Cheese Whole GrainBread)</p> <p>13 Split Pea Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Coffee Cake, Wheat Bread (Chicken Salad w/Walnuts & Cranberries on Wheat Bread)</p>	<p>7 Onion Soup Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Wheat Bread Watermelon (BBQ Grilled Chicken /Wheat)</p> <p>14 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini <u>RI Grown /Fresh Apple</u> Rye Bread (Meatball Sub on Grinder Roll)</p>
<p>17 Venus de Milo Soup Stuffed Cabbage w/Sauce Basil Rice King Edward Blend Veg. Peanut Butter Cookies Wheat Bread (Turkey Salad on Wheat)</p>	<p>18 Potato & Leek Soup Grilled Chicken on Caesar Salad w/CROUTONS, Grated Cheese and Dressing Fresh Fruit Garlic Bread (Italian Tuna on Roll w/Side Salad)</p>	<p>19 Kale & Bean Soup Beef Wellington Peas & Onions Salad w/Dressing Pudding Italian Bread (Fresh Mozzarella & Tomato on Italian Bread)</p>	<p>20 <u>Happy Birthday</u> Chicken Vegetable Soup Chicken Cacciatore Wheat Pasta with Sauce Sliced Carrots, Cupcake, Oatmeal Bread (Meatloaf on Oatmeal Bread)</p>	<p>21 Cottage Cheese w/Pineapple Liver/Onions/Gravy Augratin Pot. Veg. Blend Mandarin Oranges Rye Bread (Egg Salad on Rye)</p>
<p>24 Chicken Escarole Soup Chicken Cutlet w/Brown Gravy Red Bliss Mashed Potatoes Broccoli Cuts Diced Pears, Rye Bread (Tuna Salad on Rye)</p>	<p>25 Pasta & Bean Soup Meatball Sub on Grinder Roll Tomato & Cucumber Salad Fresh Fruit (Italian Grinder)</p>	<p>26 Vegetable Beef Soup Turkey Meatloaf w/Cranberry Chutney Rice Pilaf, Green Beans Shortbread Cookies Marble Bread, (Corned Beef & Swiss on Marble)</p>	<p>27 Moroccan Lentil Soup Stuffed Pork Chop w/Apple Sauce Capri Blend Vegetables Spumoni, Wheat Bread (Turkey & Swiss on Wheat)</p>	<p>28 Red Chowder Baked Fish w/Crumb Top Baked Potato Carrot Slaw <u>RI Grown/Apple Crisp</u> Rye Bread (Roast Beef & Cheese on Rye)</p>
<p>31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in a Wine Sauce Noodles, Mixed Vegetables Monster Mandarin Oranges (Scary Seafood Salad on a Roll)</p>		<p>Reservations Or Cancellations 435-7800 Ext. 2</p>	<p>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p>	