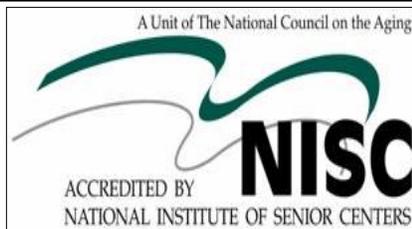


East Providence Senior Activity Center

September 2016



*610 Waterman Avenue
East Providence, RI 02914
401.435.7800
Fax 401.435.7803
Dining Room 401-435-7800 Ext. 2
www.eastprovidence.com*

National Senior Center Month

“ A senior center is a community focal point on aging where older persons as individuals or in groups come together for services and activities which enhance their dignity, support their independence and encourage their involvement in and with the community”

National Institute of Senior Centers

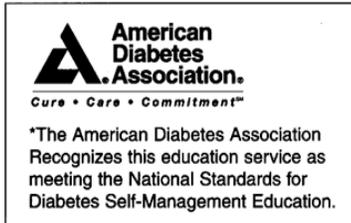
National Council on Aging



HEALTH WATCH

Diabetes Outpatient Education

Your Health Insurance will cover one complete 4 day session per year. Classes are taught by Certified Nurses, Dietitians, and Pharmacists. Learn the skills to successfully manage your diabetes and meet others with this disease. You are not alone! Please contact the center's health office at 435-7800, Ext. 6 with any questions and to register.



Class size is limited. Pre-registration is required.

Dieticians

Registered Dieticians, Ann Marie Sabula and Mary Proietta are available for appointments in the health office. They will counsel you, in private about your personal needs and insurance covers these visits. They are also certified diabetes educators. To schedule a visit, stop by the health office or call us at 435-7800 Ext. 1.

Women and Infants Hospital

Tuesday, Sept. 6th 9-11:00am.

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

Clinical Lab

Wednesday, Sept. 7th 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

Friday, Sept. 2nd

Sponsored by **Orchard View Manor**

Wednesday, Sept. 14th

Sponsored by **Waterview Villa**

Thursday, Sept. 15th

Sponsored by **Evergreen House**

Tuesday, Sept. 27th

Sponsored by **Hattie Ide Chaffee**



**“Life shrinks or expands
in proportion to one’s courage.”**

Anais Nin

Staying in Balance

You have a life and you also may have diabetes. Finding the right balance of healthy food, exercise and possibly medication can often feel overwhelming. How is it possible to do things in a smart way to keep yourself feeling good and maintain or regain a healthy lifestyle? Studies have shown to reduce the risk of serious health complications, the goal of your diabetes treatment is to keep your blood sugar in a healthy range. Not too high and not too low. Planning the right types of meals and snacks will also be a help as well. With a few basic skills, you will soon discover the freedom to create menus that include the foods that you love and still keep your blood sugar in range!

You may be wondering, what is the link between diabetes and the food I eat. Of all the things that make blood sugar rise, food has the biggest effect. Some foods can raise your blood sugar more than others, and portion size plays a big part too. What's more, diabetes is different for everyone, including the way various foods affect your blood sugar. Possibly the biggest reason for understanding the effect of different food types is because it's one thing you have control over.

How does blood sugar testing fit into this whole picture and what do those numbers even mean? Testing blood sugar with a meter shows you the immediate effect of factors like your food choices on your blood sugar. You knowing what your blood sugar value allows you to take action to bring a high or low blood sugar value back into range. It gives you power to influence your health. To keep your blood sugar from going too high it is important to find the right portion of certain nutrients. The nutrients we are most concerned with are proteins, fats and carbohydrates (carbs, for short). Carbs have the greatest impact on blood sugar and they are found in foods such as grains, fruits, milk products and sweets. Your body uses carbs for energy, but they do raise the blood sugar faster and higher than any other kind of food. So if you have diabetes it's important to avoid meals that have too many carbs.



Test your knowledge of different Nutrients:

Begin by placing a check by the foods that are carbohydrates. You can find the answers on page 14.

- | | |
|--|---|
| <input type="checkbox"/> Peach | <input type="checkbox"/> Cheddar cheese |
| <input type="checkbox"/> Cereal | <input type="checkbox"/> Toast |
| <input type="checkbox"/> Soda crackers | <input type="checkbox"/> Tuna |
| <input type="checkbox"/> Skim milk | <input type="checkbox"/> Sausage |
| <input type="checkbox"/> Raisins | <input type="checkbox"/> Sandwich bread |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Pork chop |
| <input type="checkbox"/> Diet soda | <input type="checkbox"/> Potatoes |
| <input type="checkbox"/> Peanut butter | <input type="checkbox"/> Oatmeal cookie |
| <input type="checkbox"/> Apple | <input type="checkbox"/> Salmon |

To keep your blood sugar from going too high, it is important that you understand the right amounts or portions of foods you eat containing carbs. Selecting healthy carbs and counting the amount of them per meal or snack is one way for you to achieve a blood sugar in a healthy range. Food labels list the amount of carbs in grams. Generally, people need 45 to 60 grams of carbs in each meal for energy, but this depends on how your body handles carbs. The only way for you to know how your body is handling the food that you eat is to test your blood sugar yourself. Consult with a licensed Certified Diabetes Educator to help you with your own personalized meal plan that fits your needs, test your own blood sugar, and interpret the results so you do understand those numbers. Stop by the East Providence Senior Center's Health, Nutrition and Diabetes Education Office if you have any questions about balancing your blood sugar or the benefits of testing your blood sugar. We can help you understand what you need to do to keep your blood sugar in a healthy range.



Gift Shop



Items in our new gift shop include
Stamps, both individual and books
Crackers, Candy, Chips
Jewelry, Note Pads & Pens, Knitted items
Bottled Water, Pocket Kleenex
Greeting Cards
And
More...

Open 9am 1pm



TOWNIE Road Runners



Sept. 24th 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.
SOLD OUT

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.

**Presentation of the Heart of the South -
A Journey through New Orleans, Natchez and Lafayette trip
will be shown on September 7th at 1:30pm at the Senior Center.**

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

September Features

Thursday, Sept. 1st	SNAP ED	11:00am
Friday, Sept. 2nd	Blood Pressure Clinic	10:30am
Monday, Sept. 5th	LABOR DAY	CLOSED
Tuesday, Sept. 6th	Health Screening	9:00am
	Problem Gambling	10:30am
Wednesday, Sept. 7th	Clinical Lab	8:30am
	Diabetes Ed Class	9:30am
	Stroke Club	1:30pm
	Trip Presentation	1:30am
Thursday, Sept. 8th	Podiatrist	8:00am
	Karaoke	11:00am
Wednesday, Sept. 14th	Diabetes Ed Class	9:30am
	Blood Pressure Clinic	10:30am
Thursday, Sept. 15th	Blood Pressure Clinic	10:30am
	AARP Board Meeting	1:00pm
	Red Hatters	1:30pm
Friday, Sept. 16th	INSight	12:45pm
Monday, Sept. 19th	Caregiver's Support	10:30am
Wednesday, Sept. 21st	Diabetes Ed Class	9:30am
Thursday, Sept. 22nd	Diabetes Support	1:00pm
Monday, Sept. 26th	Computer Assistance	2:00pm
Tuesday, Sept. 27th	Blood Pressure Clinic	10:30am
	Place for Mom	10:30am
Wednesday, Sept. 28th	Diabetes Ed Class	9:30am
	RSVP Board Meeting	1:00pm

Looking for Volunteers

Getting involved makes
a difference

Library

Friday Afternoons

Fitness Room

Tuesdays 10am– Noon
 1pm–3pm

Thursday Afternoons

Dining Room Lunch time



With Ed

Thursday, Sept. 8th

11:00am

**Come enjoy some
oldies in our dining room.
Ed will take request
on the music members
would love to hear
and sing-a-long.**



Senior Center Security Staff

WE SERVE

OUR MISSION

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

Staff

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

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

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

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

Sue Doyle, Dining Room Ext. 2

Dean Kirkwood Facility Manager

Pat Thomas Receptionist

Connie Caetano Administration

Ed Daft Transportation

Steve Checrallah Transportation

Lee Wilber Transportation

Dick Wood Transportation

Advisory Board

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

Senior Center Support Groups

Stroke Club

Wednesday, Sept. 7th
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.

In-Sight Support

Friday, Sept. 16th
12:45pm - 3:00pm

In-Sight offers programs and support in productive living
for the visually impaired.

The group meets the 3rd Friday of every month.

Caregiver's Support

Monday, Sept. 19th
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

Thursday, Sept. 22nd
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.

**“The best and most beautiful things in the
world cannot be seen or even touched.
They must be felt with the heart.”**

Helen Keller

LABOR DAY
MONDAY, SEPTEMBER 5TH

WHAT IT MEANS

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.



On August 4th the senior center hosted a college professor and some colleagues who interviewed and filmed Korean War Veterans for the Korean War Veterans Digital Memorial.

We received very nice accolades for being able to offer a comfortable environment for documenting the service these gentleman gave in Korea.

The documentary will be posted on the Korean War Veterans Digital Memorial web site in the near future.

Tuesdays **in**

our Lobby **10:30am**

Problem Gambling Services
Of Rhode Island
Sept. 6th

Problem Gambling is characterized as behavior that results in harmful effects to the gambler and to those he or she cares about:

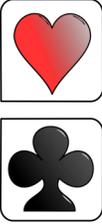
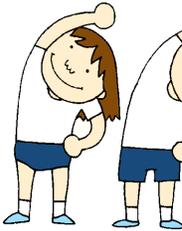


A Place for Mom
Sept 27th

A Place for Mom was founded 15 years ago to help families navigate the maze of senior housing options. Since then, A Place for Mom has grown to become the largest senior living referral service in the U.S. and Canada. Although our company name focuses on "mom," we help dad too! As well as uncles, aunts, brothers and sisters - anyone who is faced with finding the best senior living options for their loved ones.

“Stop by to say hello to Jennye Durante at A Place for Mom and pick information on Lifelong Learning: Education for Seniors. When you stop by Jennye will automatically enter you in a drawing to win a \$20.00 gift card at Stop & Shop.”

SENIOR HAPPENINGS CALENDAR

	MONDAY	TUESDAY	WEDNESDAY
			
	<p>LABOR DAY</p> 	<p>6</p> <p>9:00 Wellness Screenings</p> <p>9:30 Painting Class</p> <p>9:30 Aerobic Exercise</p> <p>10:30 PGSRI</p> <p>10:45 Wii Bowling</p> <p>11:00 Tai Chi</p> <p>12:30 Painting Class</p> <p>1:25 Bingo</p>	<p>7</p> <p>7:00 Yoga</p> <p>8:30 Clinical Lab</p> <p>9:00 Blended Yoga</p> <p>9:30 Scrabble</p> <p>9:30 Diabetes Education</p> <p>10:00 Adult Coloring</p> <p>10:45 Chair Exercise</p> <p>1:00 Cribbage</p> <p>1:30 Stroke Club</p>
	<p>12</p> <p>9:00 Yoga</p> <p>9:00 Walking Club</p> <p>10:30 Beginners Yoga</p> <p>12:00 Chair Yoga</p> <p>1:00 Pokeno</p> <p>2:00 Ballroom Dance</p> <p>6:00 Fit Mix</p>	<p>13</p> <p>9:30 Painting Class</p> <p>9:30 Aerobic Exercise</p> <p>10:45 Wii Bowling</p> <p>11:00 Tai Chi</p> <p>12:30 Painting Class</p> <p>1:25 Bingo</p>	<p>14</p> <p>7:00 Yoga</p> <p>9:00 Blended Yoga</p> <p>9:30 Scrabble</p> <p>9:30 Diabetes Education</p> <p>10:00 Adult Coloring</p> <p>10:30 Waterview Villa Blood Pressure</p> <p>10:45 Chair Exercise</p> <p>1:00 Cribbage</p>
	<p>19</p> <p>9:00 Yoga</p> <p>9:00 Walking Club</p> <p>10:30 Beginners Yoga</p> <p>10:30 Caregivers Support</p> <p>12:00 Chair Yoga</p> <p>1:00 Pokeno</p> <p>2:00 Ballroom Dance</p> <p>6:00 Fit Mix</p>	<p>20</p> <p>9:30 Aerobic Exercise</p> <p>9:30 Painting Class</p> <p>10:45 Wii Bowling</p> <p>11:00 Tai Chi</p> <p>12:30 Painting Class</p> <p>1:25 Bingo</p>	<p>21</p> <p>7:00 Yoga</p> <p>9:00 Blended Yoga</p> <p>9:30 Scrabble</p> <p>9:30 Diabetes Education</p> <p>10:00 Adult Coloring</p> <p>10:45 Chair Exercise</p> <p>1:00 RSVP Board</p> <p>1:00 Cribbage</p>
	<p>26</p> <p>9:00 Yoga</p> <p>9:00 Walking Club</p> <p>10:30 Beginners Yoga</p> <p>12:00 Chair Yoga</p> <p>1:00 Pokeno</p> <p>2:00 Ballroom Dance</p> <p>2:00 Computer Assistance</p> <p>6:00 Fit Mix</p>	<p>27</p> <p>9:30 Aerobic Exercise</p> <p>9:30 Painting Class</p> <p>10:30 Hattie Ide Blood Pressures</p> <p>10:30 A Place for Mom</p> <p>10:45 Wii Bowling</p> <p>11:00 Tai Chi</p> <p>12:30 Painting Class</p> <p>1:25 Bingo</p>	<p>28</p> <p>7:00 Yoga</p> <p>9:00 Blended Yoga</p> <p>9:30 Scrabble</p> <p>9:30 Diabetes Education</p> <p>10:00 Adult Coloring</p> <p>10:45 Chair Exercise</p> <p>1:00 Cribbage</p>

W E D N E S D A Y	T H U R S D A Y	F R I D A Y	
	<p>1 9:30 Aerobic Exercise 11:00 SNAP Ed 12:30 Bridge 1:00 Craft Group</p>	<p>2 8:00 Blended Yoga 9:30 Scrabble 10:30 Orchard View Blood Pressures 10:30 Fitness Advisor 10:45 Chair Exercise 1:20 Hi Lo Jack</p>	
<p>b ga d ring cise b</p>	<p>8 8:00 Podiatrist 9:30 Aerobic Exercise 11:00 Karaoke 12:30 Bridge 1:00 Craft Group 6:00 Yoga</p>	<p>9 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>	
<p>oga Ed ring w ssures rcise</p>	<p>15 9:30 Aerobic Exercise 10:30 Evergreen Blood Pressures 12:30 Bridge 1:00 Craft Group 1:00 AARP Board 1:30 Red Hats 6:00 Yoga</p>	<p>16 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 12:45 InSight 1:20 Hi Lo Jack</p>	
<p>oga Ed ring cise rd</p>	<p>22 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 1:00 Diabetes Support 1:20 Hi Lo Jack 6:00 Yoga</p>	<p>23 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>	
<p>oga Ed ring rcise</p>	<p>29 9:30 Aerobic Exercise 12:30 Bridge 1:00 Craft Group 6:00 Yoga</p>	<p>30 8:00 Blended Yoga 9:30 Scrabble 10:30 Fitness Advisor 10:45 Chair Exercise 11:00 Meditation 1:20 Hi Lo Jack</p>	

General Services

Elder Resource Specialist

Our Elder Resource Specialist assists the elderly and their families in providing information /referral and assistance with accessing services and programs.

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.

Case Management / Senior Services

The center coordinates with East Bay Community Action Program Inc., for all casework and follow-ups. Protective Services Council, made up of city departments and mental health/social service agencies, meets monthly to discuss problems concerning the elderly.

Nutrition Program

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

Transportation

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

Notary

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

Gift Shop

The gift shop has many different items for the convenience of the seniors. Small items from candy, crackers and greeting cards to jewelry, stamps, handmade items.

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.



Dining Room Participants

**You must order at least one day
In advance for meals**

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

The monthly meal schedule is always on the last page of our newsletter. Everyone has ample opportunity to reserve a meal in advance. You will only be served without reservation if there is a cancellation. It is also important to cancel a meal if you are unable to attend.

This policy will be strictly enforced because we do not want to waste meals.

**“I do not plan to pause,
or rest, or rust.
I will survive”.**

Dr. George Sheehan

Weekly/Monthly Programs

MONDAY

9:00am Tax Preparation (Feb. & March)
 9:00am Intermediate Yoga
 9:00am Walking Club
 10:30am Beginners Yoga
 10:30am Caregivers Support Group (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 Walking Club (May-Oct)
 9:00am Blended Yoga
 10:00am Scrabble
 10:45am Chair Exercise
 1:00pm Cribbage
 1:30pm Stroke Club (1st Wed)

THURSDAY

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

FRIDAY

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

Daily

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

Activities

Crafts

Thursday 1:00pm
 Craft class makes dolls for Hasbro Children's Hospital and cancer pillows for Women & Infants Hospital. Other "make and take" crafts are demonstrated.

Watercolor

Tuesday 9:30am & 12:30pm \$5
 Watercolor for all levels of talent. Some of the participants fantastic artwork is displayed throughout the center. Class size is limited.

Mah Jongg

Friday 10:00am–Noon
 Enjoy playing a challenging game and forming a social group? Learn how to play. Mah Jongg is a tile game originally played only by Chinese royalty.

Card Games

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



Mah Jongg
is catching on

Active Aging

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.



Ballroom Dancing Monday 2:00pm \$3

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

Aerobics Tuesday & Thursday 9:30am \$2

Instructor Karen Boyd gives members a great cardiovascular workout. Hand and ankle weights are used to tone and build your muscles.

Chair Exercise Wednesday/Friday 10:45am

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

Fitness 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 Consultant

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

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

Sponsored by Evergreen Health Center

Authorities warn RI of ATM 'skimmers'

Authorities are reminding the public to be vigilant when using ATMs, as a group of thieves has targeted several banks in at least 7 Rhode Island communities.

“Anyone using an ATM should always conceal their PIN number when using the keypad and immediately report anything suspicious to police and the bank,” authorities wrote in a post on Rhode Island Most Wanted.org.

Police said “an organized group of suspects” has been placing fraudulent skimming devices and cameras on exterior ATM machines since late June. “The suspects then use the illicit skimmer data to complete ATM cash-outs at banks,” police wrote, also noting that thefts were made at banks in Cranston, Cumberland, East Providence, Lincoln, North Kingstown, Providence, Warwick, and possibly other communities.

Skimming devices are used to steal and store credit and debit card information from the magnetic strip and later used to make fraudulent transactions from unknowing victims, police said. A small hidden camera is used to record the PIN as it is entered by the victim.

“The information obtained can then be downloaded to a laptop and then re-encoded onto counterfeit credit cards using a magnetic stripe encoder,” police wrote. “Once the information is re-encoded on a counterfeit card, the card can be used at any ATM.”

“These suspects are bringing tools, skimmers, and panels with pre-installed micro-cameras, with them and then retrieving the equipment approximately 1 day later,” authorities wrote. “The panels are custom-made to avoid customer detection. Several suspects then travel to several other bank ATMs and make large cash withdrawals using several counterfeit cards. Most times, the suspects are making withdrawals at ATM's when banks are not open for business.”

If you have any information about these crimes, contact Rhode Island State Police at 401-444-1372, extension 1327.

Vacation Scam

PROVIDENCE, R.I. (WPRI) — When it comes to vacation deals, many are finding out the hard way that if it looks too good to be true, it probably is.

According to the Better Business Bureau (BBB), hundreds of people have fallen victim to vacation scams.

“If you’re getting a call stating you’ve won a trip and you have to give a credit card to secure this, it’s a red flag,” said Paula Fleming of the Better Business Bureau.

Last year, consumers reported 255 cases of travel and vacation scams through the BBB’s scam tracker. These scams reportedly cost people more than \$300,000.

“Yes, there’s great deals out there, but making sure you’re clear on what the hidden costs, fees, rules, and stipulations are is extremely important,” warned Fleming.

Due diligence and conducting your own research is important.

Fleming also advised to verify that the property address exists and call to verify the deal. Getting a copy of the rental contract in writing and reading it completely before you put down a deposit will help you catch scams as well. Lastly, paying with a credit card will give you the ability to challenge the charge later.

“Staying in Balance” Answers from page 3

Peach, toast, skim milk, sandwich bread, oatmeal cookie, soda crackers, broccoli, potatoes, apple, cereal, raisins

Active Aging



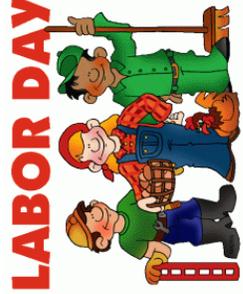
What is “Active Aging?”

Simply put, Active Aging is the process of taking part in a variety of activities in order to optimize wellness and enhance quality of life as you age. The Active Aging movement is important for all people because it extends healthy life expectancy and quality of life. Social participation and social support are strongly associated with good health and well-being throughout life. Participation in physical and social activities allows older adults to continue to exercise their competence, maintain positive relationships, and improve their overall wellness. The Senior Center will afford community members a myriad of inclusive social activities and programs designed to make an Active Aging lifestyle achievable. Keep browsing to explore all that we have to offer and discover how you can transform your well being today.

Fitness Room

The centers Health & Wellness gym features a state-of-the-art fitness center designed to meet the health and wellness needs of older adults. There will be a wide selection of cardiovascular, strength training, free weight and stretching equipment, The fitness center equipment is safe, comfortable and easy to operate for members of all skill levels. Using the array of machines, equipment and accessories, members 55 years and up will be able to maintain and improve their physical fitness levels while enhancing their quality of life.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	RESERVATIONS OR CANCELLATIONS PLEASE CALL 435-7800 EXT. 2		1 100% Orange Juice Cheese Omelet w/ Sliced Tomato Sausage Links Crispy Cube Home Fries Fresh Fruit Cup	2 Minestrone Soup Shepherds Pie Brussel Sprouts Pudding Garlic Stick <i>(Italian Grinder)</i>
LABOR DAY 	6 Pasta & Bean Soup Antipasto Salad/ Assorted meats and cheese /Lettuce /dressing Cookies Rye Bread <i>(Sliced Chicken & Cheese on Rye w/ side salad)</i>	7 Lentil Soup Salisbury Steak w/Gravy Buttered Noodles Broccoli Cuts Fresh Fruit, Whole Wheat Roll <i>(Tuna on Wheat)</i>	8 Barley Vegetable Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Ice, Italian Bread <i>(Salami & Provolone w/Mustard on Italian Bread)</i>	9 Red Chowder Tuna Salad on a bed of Lettuce w/ Tomato/Cucumber /Olives Balsamic Dressing Blueberry Cobbler Multi Grain Bread <i>(Pastrami & Swiss on Multi Grain)</i>
12 Chicken Vegetable Soup Pork Loin w/Apple Sauce Rice Pilaf Sliced Carrots Peaches Dinner Roll <i>(Egg Salad on Wheat)</i>	13 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetable Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i>	14 Vegetable Soup Liver & Onions w/Gravy Mashed Potatoes California Blend Vegetables Fresh Fruit White Bread <i>(Seafood Salad on White Bread)</i>	15 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpernickel Bread <i>(Ham Salad on Pumpernickel)</i>	16 Seafood Gumbo Soup Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad, Low Fat Yogurt Wheat Bread <i>(Roast Beef & Cheese on Wheat)</i>
19 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread, <i>(Tuna on Rye)</i>	20 Chicken Soup w/Anci de Pepe Sloppy Joe w/Peppers & Onions Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll <i>(Pulled Pork on Wheat Hamburger Roll)</i>	21 Tomato & Brown Rice Soup Chicken w/Artichokes & Roasted Red Peppers in Lite Lemon Sauce Oven Roasted Potatoes Tossed Salad w/Dressing Italian Ice, Whole Wheat Bread <i>(Chicken Salad on Whole Wheat)</i>	22 100% Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i>	23 Broccoli & Cheddar Soup Stuffed Chicken w/ gravy Mashed Potato Prince Edward Vegetable Mandarin Oranges Dinner Roll <i>(Meatball sub on a Roll)</i>
26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini, Apricot Half Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i>	27 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Carrot & Cabbage Mix Tapioca Pudding, Rye Bread <i>(Italian Tuna on Rye)</i>	28 100% Juice Beef Wellington w/Ketchup Brussel Sprouts Tossed Salad w/Dressing Fresh Fruit, Wheat Bread <i>(Sliced Chicken & Cheese on Wheat)</i>	29 Beef Noodle Soup SOUTHWEST SALAD Grilled Chicken /Lettuce Black Beans/ Corn/Tomato Honey Lime Dressing Garlic Bread, Shortbread Cookies <i>(Meatloaf on White Bread)</i>	30 Lentil Soup Italian Sausage on Roll Peppers and Onions Carrot Slaw Unsweetened Applesauce Rye Bread <i>(Corned beef & Cheese on Rye)</i>