

Melissa Bouvier, Director

May 2024

GLOCESTER SENIOR CENTER



# May News

1210 Putnam Pike, Chepachet, RI 02814 401-567-4557 [www.glocesterri.org](http://www.glocesterri.org)

We will be  
closed for  
The Financial  
Town Referen-  
dum Vote on  
May 21st



Saturday, May 4th

9AM-2PM

Grab a friend and come enjoy some  
socializing & shopping all while  
supporting our Center.

**VENDORS, CRAFTERS, ARTISANS,  
BAKE SALE, PLANT SALE, RAFFLES,  
& MORE!**

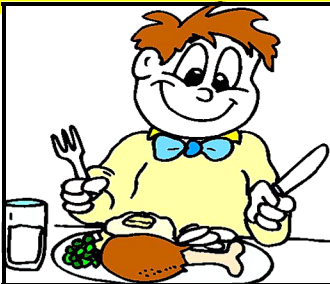
Barbara's Quick Stop will also be here to  
provide lunch options.

**We look forward to seeing you!**

**LUNCH Reservations**

Must be made by  
Wednesday the week be-  
fore you wish to eat.

**(401) 567-4557**



**Meetings:**

KWV

5/8 @ 2:00pm

Town Council

5/2 @ 7:30pm

5/16 @ 7:30pm



## *Looking for a book club?*

Join us

2nd Wednesday of every month at  
1:00

May 8- West with Giraffes by Lynda  
Rutledge

June 12- The White Lady by Jacquelin  
e Winspear

We are collecting non perish-  
able food items for the Glo-  
cester food pantry. Please  
bring in non expired items  
and place in container located  
in the lobby.

Let's help to  
make sure no  
one goes hungry.  
Thank you.



**FEED THE  
HUNGRY**

## **Aging and Memory Loss: What's normal, what's not, and how to make a difference**

### **Wednesday May 22 @ 1:00pm**

Join Outreach Coordinator Athena Lavoie, for a presenta-  
tion on Alzheimer's disease and exciting new research op-  
portunities at Butler Hospital's Memory and Aging Pro-  
gram. Hear about what can be normal in memory loss as  
we age, what you can do to maintain brain health at any  
age and exciting breakthroughs in Alzheimer's prevention  
research. Learn more about identifying Alzheimer's dis-  
ease risk including the APOE4 risk gene and amyloid PET  
scans conducted as part of pre-clinical Alzheimer's Pre-



# May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....NO Quilting class.....10:30 Cribbage.....1:00 Knitting.....2:00	2. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Hi Lo Jack.....1:00	3. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
6. <b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00	7. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30	8. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Quilting class.....10:30 Cribbage.....1:00 Book club.....1:00 Knitting.....2:00 KWV Meeting.....2:00	9. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Mother's Day Luncheon12:00 Hi Lo Jack.....1:00	10. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
13. <b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00	14. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30	15. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Quilting class.....10:30 Cribbage.....1:00 Knitting.....2:00	16. Strength training.....9:00 Chair Yoga.....9:15 Crafting with Roseann..10:00 Pastel Art.....10:15 Hi Lo Jack.....1:00	17. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 PACE.....12:30-1:30 Bingo.....1:30
20. <b>Strength training.....9:00</b> Co. Line dance.....9:30 <b>Essentrics.....10:15</b> Sewing Class.....10:00 Hi/ Lo Jack .....1:00 Scrabble.....1:00	<p><b>Closed</b></p> <p><b>Town</b></p> <p><b>Referendum</b></p> <p><b>Vote</b></p>	22. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Quilting class.....10:30 Cribbage.....1:00 Activate your Brain.....1:00 Knitting.....2:00	23. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Hi Lo Jack.....1:00	24. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
27. <b>Closed in</b> <b>Observance</b> <b>of Memorial</b> <b>Day</b>	28. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30	29. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Quilting class.....10:30 Cribbage.....1:00 Knitting.....2:00	30. Strength training.....9:00 Chair Yoga.....9:15 Pastel Art.....10:15 Simplify your life.....10:30 Hi Lo Jack.....1:00	31. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fresh fruit cup Scrambled eggs Bacon Sausage Home fries Assorted pastry Bagel sandwich	2 Chicken escarole soup Marry me chicken Mushroom Rice pilaf Roasted vegetables Ww roll Cake Seafood salad plate	3 Minestrone soup Sloppy joe Herb red potato salad Charred broccoli Ww roll Pineapple chunks Turkey sandwich on roll
6 Mushroom barley soup Greek style chicken thighs Florentine rice Sauteed vegetable Multi grain roll Chocolate chip cookie Roast beef w/ swiss cheese	7 Cream of broccoli soup Pepper steak Vegetable fried rice Zucchini w/ tomatoes Peaches Ww roll Greek salad w/ chicken	8 Vegetable lentil soup Honey garlic pork tenderloin Green beans Sweet potatoes Ww roll Sliced pears Turkey & Swiss cheese	9 <i>Mother's Day Luncheon</i> Italian wedding soup Roasted chicken breast w/gravy Stuffing Mixed vegetables Mashed potatoes, cake	10 Roasted cauliflower soup Meatball sandwich Pasta salad Ww roll Chips Fresh fruit Tuna salad sandwich
13 Navy bean soup w/vegetables Baked chicken topped w/ Eggplant Bolognese Roasted potato Ww roll, Pineapple Ham & cheese on wheat	14 <b>PIZZA</b>	15 Chicken soup Pork chop Italiano Sweet potatoes Green beans Ww roll, Fresh fruit Italian grinder	16 Minestrone soup Meatloaf w gravy Mashed potatoes Peas & carrots Ww roll, Brownie Egg salad on wheat	17 Tuscan white bean soup Lasagna roll up w/meat sauce Spinach w/mixed vegetables Ww roll Sliced pears Tuna salad plate
20 Kale bean & sausage soup Roasted chicken quarter Cucumber salad Sweet potatoes Chocolate cookie – ww roll Egg salad sandwich	21 <b>Closed for Vote</b>	22 Irish vegetable soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Fresh fruit – Ww roll Greek salad w/ chicken	23 Tomato soup Beef tips w/ mushroom gravy Rice pilaf, Baby carrots Whole Wheat Roll - cake Tuna sandwich plate	24 Vegetable soup Baked pasta w/ meatballs, Sausage & cheese Waxed beans Garlic bread Sliced peaches Chef salad
<b>CLOSED IN OBSERVANCE OF MEMORIAL DAY.</b>	28 Chicken soup Swedish meatballs Mashed potatoes Zucchini w/tomatoes Pudding Cobb salad	29 Mushroom Chickpea veggie soup Chicken scallopini Mixed vegetables Parmesan Rice, Cantaloupe Spinach salad w/chicken	30 Lentil soup w/vegetables Chicken cordon bleu Peas & onions Spanish rice CC cookie Chef salad	31 Vegetable soup Shepards pie Mashed potato Ww Roll Honeydew Ham & cheese on Wheat

**WELCOME!**  
Our suggested donation is \$3.00 per meal.  
Lunch is served At 1 am

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.

**SERVING SIZES**

- Grains – 2 ounces
- Vegetables – ½cup
- Fruits – ½ cup
- Protein – 3 ounces
- Dairy – 1 cup



**\*\*PLEASE NOTE:** Per directive from the RI Division of Elderly Affairs and the RI Dept. of Health, Aging Well Inc. cannot allow any perishable foods to leave the congregate meal site.

# ***LET'S HAVE SOME FUN!!!***

---

## Join us for a Mother's Day Luncheon

Italian wedding soup

Roasted chicken breast with gravy

Stuffing, mixed vegetables, mashed potatoes, cake

May 9th at 12:00 RSVP required

\*\*\*Raffle basket winners  
will be drawn after the  
meal.



## Crafting With Roseann



Join us in making a  
Basket Wreath Floral  
Arrangement

May 16th at 10:00am

\*Participants must bring their own artificial flowers

\* Please Note: To attend this class you must be willing and able to use a glue gun on your own.



## Simplify Your Life: Creating Time and Space for What

### Really Matters

May 30th @ 10:30

Participants will explore ways to create more time and space – physical, mental, and emotional – in which to pursue those things that are most important to you. First, we will look at prioritizing the things that really matter. Next, we will offer suggestions on how to turn down the noise and re-

## Beginners hand stitch quilting class

**Starts Wednesdays in June @ 10:30**

**Learn to make a table runner or a potholder.**

**Class is limited to 5 participants**

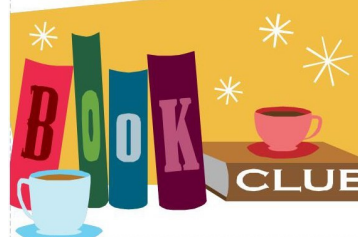
**\*Basic hand sewing skills are required \*Supplies are provided**



**Join us for an old fashion Sing-a-long led by Ellen Kellner**

**May 23rd @ 1:30pm**

You don't have to have a good voice, just a desire to have fun.



*Looking for a book club?*

Join us

2nd Wednesday of every month at 1:00

May 8- West with Giraffes by Lynda Rutledge

June 12-The White Lady by Jacqueline Winspear



**GLOCESTER SENIOR CENTER  
PRESENTS...  
KENNEBUNKPORT**

**Wednesday, July 17, 2024  
\$135.00 Per Person**

**Your Motorcoach Will Depart:**

**8:00am - Gloucester Senior Center**

**Return Approx: 7:15PM**

Bloom Tours and Gloucester Seniors are going to Kennebunkport, ME! Our first stop will be Nubble Lighthouse for a photo op and then we are off to lunch at Mike's Clam Shack in Wells. After lunch, we will take a 1 ½ hour guided tour of the southern Maine coastal villages of Kennebunk and Kennebunkport. See Dock Square in Kennebunkport and follow Ocean Avenue along the Kennebunk River. Drive by the Bush Family estate at Walker's Point. You'll hear about the seaside Franciscan Monastery and the legend of the elegant Wedding Cake House and the ship building history of these villages. We will have free time to shop and stroll in Kennebunkport's quaint shopping village before departing for home.

**Meal Choice: Lobster Dinner, Baked Haddock, Baked Stuffed Chicken, NY Strip Steak**

**Included: Roundtrip Transportation, Guided Tour of Kennebunkport & Lunch**

*Please reserve no later than June 26, 2024, No Refunds after June 26, 2024*

**Contact: Melissa Bouvier (401-567-4557) / Check payable to: Gloucester Senior Center**

**Kennebunkport, July 17, 2024 / Full Payment due & Meal Choice due upon reservation.**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Address: \_\_\_\_\_

\_\_\_Lobster\_\_\_Baked Haddock\_\_\_NY Strip Steak\_\_\_Baked Stuffed Chicken

**Emergency Contact:**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

**Booking your trips through the Gloucester Senior Center helps to support our activities**

**TRIP OPERATED BY BLOOM TOURS**