

Melissa Bouvier, Director

December 2024

GLOCESTER SENIOR CENTER



December News

1210 Putnam Pike , Chepachet, RI 02814 401-567-4557 www.glocesterri.org

If you have questions and/or want help with plan choices or any other Medicare/Medicaid questions we can help you. Come and speak with Medicare SHIP Counselor Guy Boulay he is available by appointment every Monday during Open Enrollment.

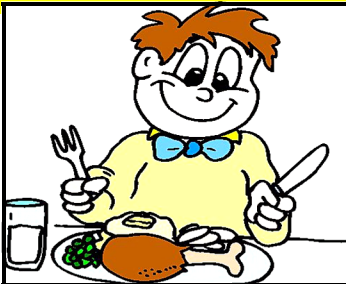
Please see Melissa



LUNCH Reservations

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

(401) 567-4557



*****Reminder*****

Please do not come to the Center if you are sick or have any symptoms such as Fever, chills, coughing, sneezing, runny nose or a sore throat.

Holiday Party

December 19th

Noon to 3:00pm

Italian wedding soup

Stuffed Chicken breast with gravy

Mashed potatoes

Green bean casserole & roll

Followed by our dessert buffet!!!

DJ's Larry & Pauline will be here playing all your favorite hits from years past, along with some games, trivia and prizes!!!
Come have some fun.

Reserve your spot at the scan in kiosk.

Take a trip to:

Lasalette Shrine



Enjoy the festive lights and be reminded of the reason for the season.

December 18th 3:30pm

Space is limited to 10

RSVP with Melissa

Christmas Sing-along with Ellen

Join us on December 12th @ 10:30

For a Sing-along that will be sure to get you into the spirit of the season.

Please RSVP with Melissa if you plan to attend.



HOLIDAY SING-ALONG

December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Flu Clinic.....9am-11:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	3. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	4. Bone builders.....9:15 Mahjongg.....9:30 NO Keep Moving.....NO Cribbage.....1:00 Knitting.....2:00	5. Chair Yoga.....9:15 Crafting with Roseann..10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	6. Mahjongg.....9:00 Bone Builders.....9:00 NO Keep Moving...NO Cribbage.....1:00 Bingo.....1:30
9. Flu Clinic.....9am-11:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	10. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Wreath making.....1:30 Cornhole.....2:15	11. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Book Club.....1:00 Knitting.....2:00 KWV Meeting.....2:00 Granite Farms.....3:30	12. Chair Yoga.....9:15 Crafting with Roseann..10:00 Sing-along.....10:30 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	13. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
16. Flu Clinic.....9am-11:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	17. Yoga.....9:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	18. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Book Club.....1:00 Knitting.....2:00 Lasalette.....3:30	19. Holiday Party *No Activities	20. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
23. Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	24. Yoga.....9:30 Move it or lose it.....11:00 Brunch.....11:30 <div style="text-align: center; font-size: 2em; font-weight: bold; letter-spacing: 0.5em;"> HALF DAY </div>	2 ⁷ 	26. Chair Yoga.....9:15 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	27. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
30. Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	31. Yoga.....9:30 Move it or lose it.....11:00 Brunch.....11:30 <div style="text-align: center; font-size: 2em; font-weight: bold; letter-spacing: 0.5em;"> HALF DAY </div>			

DECEMBER 2024 MENU

Aging Well Inc

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mushroom barley soup Sloppy joe Sliced potatoes 3- bean salad Ww Roll Chocolate cookie Turkey sandwich on rye	3 Chicken soup Baked pasta w/ meatballs & sausage Green beans Ww Roll Tropical fruit Chef salad	4 Tomato soup Chicken piccata Sweet potatoes Roasted vegetables Ww Roll Sliced peaches Roast beef on roll	5 Beef lentil soup Honey garlic pork loin Fiesta rice Sliced carrots Ww roll Fresh fruit Tossed salad w/chicken	6 Cauliflower & tomato soup Salisbury steak w/ gravy Rice pilaf Italian mixed vegetable Ww roll Oatmeal cookie Chicken salad sandwich
9 Kale & bean soup Marry me chicken Roasted potatoes Green beans Ww roll Brownie Ham salad on rye	10 Minestrone soup Chicken parm. Roasted carrots & broccoli Steamed white rice Ww Roll Sliced pears Corned beef sandwich	11 Meatball soup Sausage peppers and Roasted sweet potatoes Ww roll Fresh melon Chicken salad plate	12 Escarole bean & sausage soup Pork scalopini Mashed potatoes Baby carrots Ww roll Sliced peaches Tuna salad sandwich	13 Cream of broccoli soup Meatball sandwich Cucumber salad Macaroni salad Mixed fruit Ww roll Chef salad
16 Tuscan white bean soup Chicken cacciatore Parmesan rice Broccoli Ww roll Sliced peaches Corned beef reuben sandwich	17 Tomato soup Italian steak pizzaiola Roasted potatoes Zucchini mixed vegetables Ww roll Cake Chef salad	18 Lentil soup with vegetables Sausage & Pepper sandwich Pasta salad Ww Roll - Pineapple chunks Seafood salad plate	19 <u>Holiday Meal</u> Italian wedding soup Stuffed chicken breast w/gravy Mashed potatoes Green bean casserole Ww roll Dessert	20 Vegetable barley soup Pub burger w/cheese Cole slaw Ww roll Cookie Tuna salad Plate
23 Roasted cauliflower soup Swedish meatballs Rice pilaf Roasted mixed vegetables Ww roll Oatmeal cookie Turkey sandwich	24 Fresh fruit Cheese omelet Potatoes O'Brien Ham Muffin	25 	26 **Cooked at the Center ** Stuffed Pepper Soup Garlic bread Dessert	27 **Cooked at the Center** Salad Pasta and meatballs Garlic bread Dessert
30 Vegetable soup Baked pasta Florentine w/sausage & cheese Wax beans Ww roll, sliced peaches Roast beef on roll	31 Fresh fruit Scrambled eggs Home fries Ham Muffin			

WELCOME!

Our suggested donation is \$3.00 per meal. Lunch is served 12:00 pm

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 – ½ cup
 Fruits – ½ cup
 Protein – 3 ounces
 Dairy – 1 cup

LET'S HAVE SOME FUN!!!

Wreath Making Workshop

Tuesday December 10th @ 1:30pm

Please bring the following:

- A bag of greens
- If you have a wreath ring or wire that would be welcome, but not required



Please RSVP with Melissa

Crafting with Roseann

December 12th @ 10:00

Winter Wonderland

Snowman

Space is limited RSVP with
Melissa

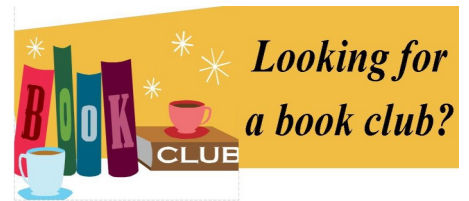


Gear up for our next session

Glocester Senior Center Book Discussion 2024-2025

Second Wednesday of each month at 1:00pm

December 11	Pineapple Street by Jenny Jackson
January 8	The Mitford Affair by Marie Benedict
February 12	The Blessing Way by Tony Hillerman
March 12	The Art Thief by Michael Finkel
April 9	After Annie by Anna Quindlen
May 14	Lessons in Chemistry by Bonnie Garmus
June 11	Frozen River by Ariel Lawhon



DONATION Requests

We are in need of the following:

- ◇ Gallon size zip baggies
- ◇ Sympathy cards

We are also accepting food donations on behalf of the Glocester Food Pantry.

Please place items in the bin near the entrance door.

Take a trip to

Granite Farms

Enjoy some good food and good company.

Wednesday, December 11th

@3:30pm

Space is limited so please RSVP with Melissa

