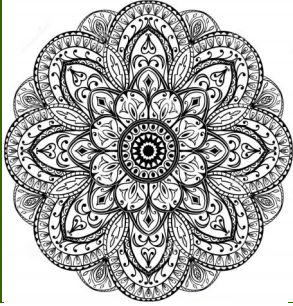


Melissa Bouvier, Director

September 2025



GLOCESTER SENIOR CENTER

September 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 the second Monday of each month.

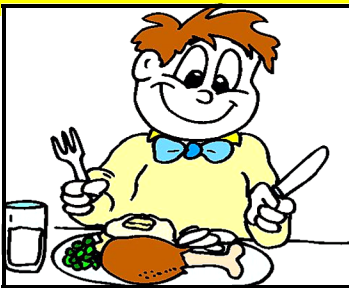
Please see Melissa



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.

National Senior Center Month

Senior Centers are such an important asset to any community. By now, I am sure that you are aware that senior centers are a place where older adults can come to access numerous resources, stay socially engaged and active and remain connected to community. But are you aware that adults who participate in senior center programs experience better psychological well-being across several measures compared to non participants including:

***Higher levels of health including physical function**

***Increases social interaction,
decreases feelings of isolation**

***Greater overall feelings of life satisfaction**

So be sure to spread the word and encourage those that need it most to come and visit us!



Save the Date

Flu Clinic Monday October 20th

9:00am –11:30am

By appointment

**Please see Melissa to schedule yours today
(Covid and Pneumonia vaccine also available)**



We still have \$50 Farmer's Market Nutrition Program cards available to those that are eligible:

You must be a RI resident over the age of 60 years old and fit within an income limit.

Cards are available between the hours of 11:00 am and 3:00 pm.


Limited quantity available.



Jewelry Making with Donna

Join us on September 29th @ 10:30am when Donna will be teaching you how to string beads into jewelry. This class will last about an hour and a half and will include all supplies and instruction needed to make beautiful jewelry for you to wear or gift to a loved one. RSVP required

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.  8.	2. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	3. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	4. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	5. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament...12:30 Cribbage.....1:00 Bingo.....1:30
Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	9. Yoga.....9:30 Water color.....10:30 NO Move it or lose it.....NO Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	10. 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	11. Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00	12. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
15. Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	16. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	17. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	18. Tech Support.....BA Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	19. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament...12:30 Cribbage.....1:00 Bingo.....1:30
22. SHIP Counseling..... BA Co. Line dance.....9:30 Sewing Class.....10:00 REIKI.....BA Hi/ Lo Jack1:00 Scrabble.....1:00	23. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	24. Bone builders.....9:15 Mahjongg.....9:30 No Keep Moving.....No Fall Prevention Discussion10:30 Cribbage.....1:00 Knitting.....2:00	25. Chair Yoga.....9:15 Craft with Roseann.....10:00 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner Trip.....3:15	26. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Ice cream Social.....1:00 Cribbage.....1:00 Bingo.....1:30
29. Co. Line dance.....9:30 Sewing Class.....10:00 Jewelry making.....10:30 Hi/ Lo Jack1:00 Scrabble.....1:00	30. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15			

September 2025 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Closed In Observance of Labor Day	2 #1 Tomato cauliflower soup Beef tips w/ mushroom gravy Mashed potatoes Green beans Cookie #2 Chicken salad on wheat	3 #1 Vegetable soup Creamy Dijon chicken Rice pilaf Mixed vegetables Sliced peaches #2 Tuna salad Plate	4 #1 Chicken soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake #2 Turkey sandwich on rye	5 #1 Clam chowder Meatball & pepper sandwich Roasted vegetables Herb roasted potato salad Sliced watermelon #2 Cobb salad
8 #1 Mushroom barley soup Chicken marsala Roasted zucchini & carrot Lemon rice Chocolate chip cookie #2 Chicken salad on rye	9 <div style="text-align: center; font-size: 2em; font-weight: bold;">PIZZA</div>	10 #1 Tuscan white bean soup Chicken & broccoli Vegetable fried rice Peas & onion Sliced pears #2 Seafood salad sandwich	11 #1 Tomato soup Open turkey sandwich Mashed potatoes Green beans Cake #2 Ham & cheese on wheat	12 #1 Mediterranean lentil soup Lasagna roll up w/meat sauce Cucumber salad Garlic roll Sliced apples #2 Chef salad
15 #1 Vegetable soup Shepards pie (peas, carrots, corn Mashed potatoes Brownie #2 Turkey sandwich	16 #1 Vegetable barley soup Creamy garlic pork chop Broccoli florets Roasted sweet potatoes Mixed fruit #2 Egg salad on rye	17 #1 Carrot soup Chicken Parm Roasted potatoes Green beans Watermelon #2 Tuna salad plate	18 #1 Cream of broccoli soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake #2 Greek salad w/chicken	19 #1 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon #2 Hot dog
22 #1 White bean soup Chicken cordon bleu Potato wedges Mixed vegetables Watermelon #2 Roast beef on roll	23 #1 Meatball soup Stuffed shell w/meat sauce Roasted potato Zucchini w/ carrots Sliced pears #2 Chef salad	24 #1 Tomato soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie #2 Seafood salad sandwich	25 #1 Creamy mushroom soup Pepper steak Mashed potatoes Green beans Cake #2 Ham & cheese on wheat	26 #1 Chicken escarole soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches #2 Cobb salad
29 #1 Minestrone soup Sausage & pepper sandwich Roasted potatoes 3 – bean salad Chocolate chip cookie #2 Turkey sandwich on wheat	30 #1 Chicken soup Smothered pork w/ gravy Mashed potatoes Broccoli Sliced peaches #2 Chicken salad on wheat		All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of Healthy Aging.	Dinner rolls are served with all meals

WELCOME!

Our suggested
donation is \$3.00
per meal.
Lunch is served
At 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!!!

Glocester Senior Center Book Discussion 2025-2026

Second Wednesday of each month at 1:00pm



September 10	The Stolen Child by Ann Hood
October 8	Anxious People by Fredrik Backman
November 12	The Beekeeper's Apprentice, or, On the Segregation of the Queen by Laurie R. King.
December 10	Beautiful Country: A Memoir by Qian Julie Wang
January 14	Haven by Emma Donoghue
February 11	Apples Never Fall by Liane Moriarty
March 11	A Duty to the Dead by Charles Todd
April 8	This Dark Road to Mercy by Wiley Cash
May 13	Isola by Allegra Goodman
June 10	Remarkably Bright Creatures by Shelby Van Pelt

Crafting with Roseann

September 25th

At 10:00am



**Space is limited
RSVP today.**

Take a trip to
Enjoy some good food and
good company.

Café Assissi

September 25th 3:15pm

Space is limited to 10

Please RSVP with Melissa



ATEL

One on one

Tech Support

by appointment

September 18th

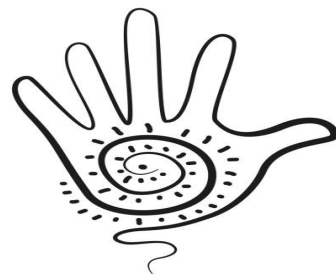
9:00 am-11:00 am

Reserve your spot today

Reiki with Carol

Monday afternoon,

September 22nd



By appointment



Don't miss the last
Ice Cream Social of
the season!

Join Us!

September 26th at 1:00 pm

Sponsored by our friends at

Bayberry Commons



**GLOCESTER SENIOR CENTER PRESENTS:
HOUSE OF SEVEN GABLES & SALEM WITCH MUSEUM**

WEDNESDAY ~ OCTOBER 15, 2025

\$105.00 PER PERSON

DEPART: 7:30 A.M. ~ RETURN: 5:30 P.M. GLOCESTER SENIOR CENTER

EXPERIENCE HALLOWEEN WHERE IT ALL STARTED ~ SALEM, MA!

COME JOIN US AS WE ARE OFF TO SALEM, MA. ON THIS TOUR, WE WILL VISIT THE HOUSE OF SEVEN GABLES AND THE SALEM WITCH MUSEUM. OUR FIRST STOP WILL TAKE US TO THE HOUSE OF SEVEN GABLES. IN 1668, MERCHANT AND SHIPOWNER JOHN TURNER I, AND HIS WIFE ELIZABETH ROBINSON TURNER, BUILT A HOUSE ON SALEM HARBOR THAT WAS DESTINED TO BECOME ONE OF AMERICA'S MOST BELOVED HISTORIC HOMES. DESIGNATED A NATIONAL HISTORIC LANDMARK DISTRICT IN 2007, THE HOUSE OF THE SEVEN GABLES IS BEST KNOWN TODAY AS THE SETTING OF WORLD-RENOUNDED AMERICAN AUTHOR NATHANIEL HAWTHORNE'S 1851 NOVEL. HAVE FREE TIME TO SHOP BEFORE SALEM WITCH MUSEUM AND SEE THE LOCAL STORES AND TASTE THE LOCAL FLAVORS THAT HISTORIC PICKERING WHARF HAS TO OFFER (LUNCH ON OWN). THE SALEM WITCH MUSEUM PRESENTS ONE OF THE MOST TRAGIC STORIES IN AMERICAN HISTORY, THE 1692 WITCH TRIALS. DID YOU KNOW THE FIRST MOVIE HOCUS POCUS WAS FILMED RIGHT HERE IN SALEM, MA? ENJOY YOUR SPOOKY DAY!

PLEASE RESERVE NO LATER THAN SEPTEMBER 15, 2025 NO REFUNDS AFTER SEPTEMBER 15, 2025

CONTACT: MELISSA BOUVIER (401-567-4557) / CHECK PAYABLE TO: GLOCESTER SENIOR CENTER

SALEM, MA, OCTOBER 15, 2025/FULL PAYMENT DUE UPON RESERVATION.

NAME: _____

PHONE: _____ ADDRESS: _____

EMERGENCY CONTACT:

NAME: _____ PHONE: _____

BOOKING YOUR TRIPS THROUGH THE GLOCESTER SENIOR CENTER HELPS TO SUPPORT OUR ACTIVITIES

TRIP OPERATED BY BLOOM TOURS





HOLIDAY CLASSICS WITH THE CARTELLS AT AQUA TURF CLUB

Glocester Senior Center

Tuesday ~ December 9, 2025

\$139.00 per person

DEPART: 9:00 a.m.~Glocester Senior Center

RETURN: 5:30 p.m.

This holiday season let's travel to Aqua Turf Club for a Holiday celebration, where you will listen to Holiday Classics with the Cartells, featuring a sing-a long from the Glamour Girls and a special arrival from Santa and Mrs. Claus! Dine on Roasted Turkey and Baked Scrod served family style you will also get a drink coupon for a glass of wine or beer. Upon arrival you will enjoy coffee and donuts.

Come celebrate the Holiday season with us!

Tour Includes: Deluxe Motorcoach Transportation, Lunch and Entertainment.

Please reserve no later than November 9, 2025 No Refunds after November 9, 2025

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

Aqua Turf, December 9, 2025 / Full Payment due upon reservation.

Name: _____

Phone: _____ Address: _____

Emergency Contact:

Name _____ Phone: _____

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

TRIP OPERATED BY BLOOM TOURS

