

Melissa Bouvier, Director

October 2025

GLOCESTER SENIOR CENTER



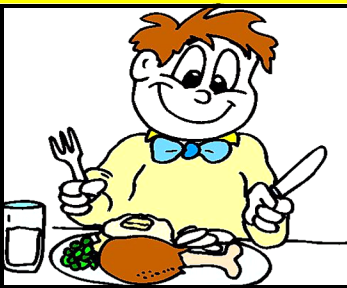
October News

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



LUNCH Reservations
Must be made by
Wednesday the week be-
fore 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.

Medicare Open Enrollment October 15- December 7, 2025

Coverage and Costs change yearly.

This is the time to review your current coverage, compare it with other available options, and weigh whether it will remain the best choice for you in the coming year.

If you need unbiased one-on-one assistance comparing your plan options, please come to a local Medicare Open Enrollment event to sit with our State Health Insurance Program (SHIP) Counselor, Guy Boulay

Open Enrollment Event every Monday morning from 9am-1:00 pm during open enrollment period.

****All dates by appointment only****

Appointments fill up quick so don't delay.



Medication Management

Join us Wednesday, October 15th at 1:00pm

for a free, 60-minute educational presentation covering key health topics such as medication management, opioid misuse, safe prescription practices, caregiving, and more.

The program also provides participants with helpful resources—including pill organizers, lock bags, safe disposal kits, a medication journal, and other wellness tools—plus a fun trivia game with prizes!

Funded by the RI Department of Behavioral Healthcare, Developmental Disabilities & Hospitals, and coordinated by Southern Providence Regional Prevention Coalition



Flu Clinic

Monday, October 20th

**Be sure to bring your
completed consent form.**

Appointment required

**The Glocester Village
Will have a table at the
pavilion on
October 18th for the
Scarecrow Festival.**

**Please stop by
and say Hello.
We would love
to see you!**



October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1.		1. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	2. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	3. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament...12:30 Cribbage.....1:00 Bingo.....1:30
6. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	7. 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	8. 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	9. Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00	10. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
13. Closed In Observance of Columbus day	14. 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	15 Salem Trip.....7:00 Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Medication Mgmt.....1:00 Knitting.....2:00	16. NO Chair Yoga.....No Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00 United Health.....1:30	17. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament...12:30 Cribbage.....1:00 Bingo.....1:30
20. SHIP Counseling..... BA Flu Clinic.....BA Sewing Class.....10:00 Reiki.....BA Hi/ Lo Jack1:00 Scrabble.....1:00	21. 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	22. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Aetna.....1:30 Knitting.....2:00	23. ATEL.....BA Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner Trip.....3:15	24. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Hot Choc Bar.....12:30 Cribbage.....1:00 Bingo.....1:30
27. SHIP Coueseling.....BA Co. Line dance.....9:30 Sewing Class.....10:00 Jewelry making.....10:30 Hi/ Lo Jack1:00 Scrabble.....1:00	28. 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	29. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 BCBSRI.....1:00 Knitting.....2:00	30. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	31. Mahjongg.....9:00 Bone Builders.....9:00 NO Keep Moving.....NO Pool Tournament...12:30 Cribbage.....1:00 Bingo.....1:30

October 2025 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 28 Vegetable soup Cassoulet	Dinner rolls are served with all meals 	1 #1 Irish Vegetable soup Beef Bourguignon Mashed potatoes Roasted vegetables Sliced peaches #2 Tuna salad Plate	2 #1 Tuscan white bean soup Roasted pork loin Sweet potatoes Cauliflower Broccoli salad Cake #2 Turkey sandwich on rye	3 #1 Vegetable barley soup Sloppy joe sandwich Roasted potatoes Cucumber salad Lorna doone cookie #2 Cobb salad
6 #1 Vegetable soup Stuffed shell w/meat sauce Roasted zucchini, carrot & Potato Chocolate chip cookie #2 Chicken salad on rye	7 #1 Tomato soup Chicken cordon bleu Roasted sweet potatoes Mixed vegetables Tropical fruit \$2 Tossed salad w/ chicken	8 #1 Cabbage roll soup Slow roasted pork & peppers Vegetable fried rice Sliced carrots Sliced pears #2 Seafood salad sandwich	9 #1 Chicken soup Meatloaf w/ gravy Cucumber salad Mashed potatoes Cake #2 Ham & cheese on wheat	10 #1 Mushroom barley soup Chicken cacciatore Roasted potatoes Garlic roll Sliced apples #2 Chef salad
13 CLOSED IN OBSERVANCE OF COLUMBUS DAY	14 #1 Escarole & bean soup Meatball sandwich Broccoli florets Roasted sweet potatoes Mixed fruit #2 Egg salad on rye	15 #1 Cream of broccoli soup Chicken Parm Roasted potatoes Green beans Watermelon #2 Tuna salad plate	16 #1 Meatball soup Texas pulled pork sandwich Cole slaw Roasted vegetables Cake #2 Greek salad w/chicken	17 #1 Chicken soup Pub burger w/ cheese Baked beans Cole slaw Watermelon #2 Chicken salad on wheat
20 #1 Kale & bean soup Shepards Pie (carrots corn Peas) Mashed potatoes Watermelon #2 Roast beef on roll	21 #1 Minestrone soup Sauteed beef w/mushroom gravy Roasted potato Zucchini w/ carrots Sliced pears #2 Chef salad	22 #1 Quinoa vegetable soup Oven roasted chicken Sweet potatoes Sweet corn Oatmeal cookie #2 Seafood salad sandwich	23 #1 Tomato cauliflower soup Baked ham w/ raisin sauce Mashed potatoes Green beans, Cake #2 Turkey & cheese on wheat	24 #1 Lentil vegetable soup Baked pasta w/meatballs & sausage Roasted vegetables Peaches #2 Cobb salad
27 #1 Chicken soup Lasagna roll up w/ meat sauce Roasted potatoes Zucchini salad Chocolate cake #2 Turkey sandwich on wheat	28 PIZZA	29 #1 Tomato soup Sausage & pepper sandwich 3-bean salad Chips Fruit cocktail #2 Tuna salad plate	30 #1 Navy bean soup Pot roast w/gravy Mashed sweet potatoes Sweet corn Fig newton #2 Chef salad	31 #1 Vegetable lentil soup Grilled chicken Mediterranean chickpea salad Lemon herb rice pilaf Watermelon #2 Ham salad on wheat

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



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

Save the Date

November 5th

@ 10:00 am

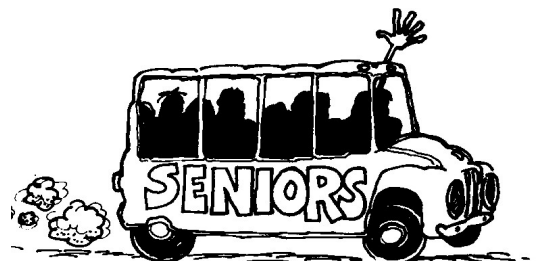
Thanksgiving Centerpieces
with SueAnn

Space is limited RSVP today



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

La Familia Restaurant
October 23th @ 3:15 pm
Space is limited to 10
Please RSVP with Melissa



ATEL

One on one
Tech Support
by appointment

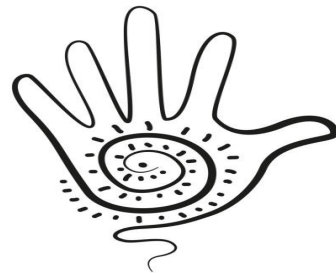
October 23rd

9:00 am-11:00 am

Reserve your spot today

Reiki with Carol

Monday afternoon,
October 20th



By appointment



Hot
Chocolate
Bar

Join Us!

October 24th at 1:00 pm

Sponsored by our friends at

Bayberry Commons



October 16th

@ 1:30 pm

United Healthcare (UHC) Annual Enrollment Meeting for 2026: Join us to learn what United Healthcare Plans are all about. Review any changes to your plan and/or examine how United Healthcare plans may work for you.

October 22

@ 1:30 pm



A representative will be here to discuss Aetna plans for 2026. Come and hear what Aetna has to offer you.



October 29th

@ 1:00 pm

A representative will be available to assist Blue members through a tabling session or provide an informal overview.



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

