

Melissa Bouvier, Director

January 2026

GLOCESTER SENIOR CENTER



January News

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

Need help paying
your residential
heating bills?

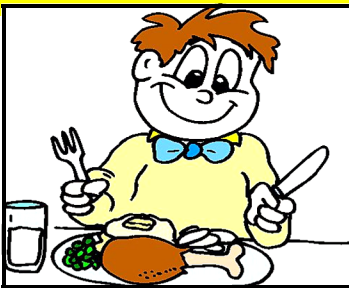
LIHEAP

May help income
eligible households
pay their heating bills,
offers weatherization
services, and may be
able to assist in
heating crisis situa-
tions. Ask me for info

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 symp-
toms such as fever,
chills, coughing,
sneezing, runny nose
or a sore throat.

Thank you ALL for your continued support.
Between the raffle, the bake sale and sales
from our sewing and knitting group...

Our small scale Bazaar raised us
\$3111.00!!

I am always so amazed at what a
supportive community we have here!

I am grateful for each and everyone of you
and your contributions to making our
Center the amazing place that it is. Every-
one who enters this building plays an im-
portant role in making it the most friendly,
supportive, welcoming center that we are
known to be.

I look forward to a New Year together!

LET'S HAVE SOME FUN!!!

Glocester Senior Center Book Discussion 2026

Second Wednesday of each month at 1:00pm



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

Dinner Meet Up

Mr. Z's

January 15th

Reservations at 3:30 pm

**Please RSVP with Melissa
for reservation purposes.**



Find us on Facebook

Glocester Senior Center

- ◇ Stay up to date with cancellations
- ◇ Check out all the fun things that we offer
- ◇ See your friends having fun

SERVING SIZES

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

January 2026

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens <i>Funded in part by the US Administration on Aging and the Rhode Island Office of Healthy Aging</i></p>	<p>Rolls are served with all meals</p>		<p>1 Closed</p>	<p>2 Mediterranean lentil soup Sloppy joe Cole slaw Roasted potato Cake Ham & cheese on wheat</p>
<p>5 Escarole & bean soup Chicken marsala Lemon rice Roasted vegetable Chocolate chip cookie Egg salad on rye</p>	<p>6 Minestrone soup Stuffed shell w/meat sauce Green beans Sliced pears Seafood salad plate</p>	<p>7 Chicken soup Creamy Dijon chicken Mixed vegetables Spanish rice Sliced peaches Turkey sandwich on wheat</p>	<p>8 Tomato soup Stuffed meatloaf w/gravy Cream corn Mashed potatoes Cake Cobb salad</p>	<p>9 Broccoli & cheese soup Chicken cacciatore Rice pilaf Peas & carrots Sliced apples Chef salad</p>
<p>12 Chicken barley soup Baked pasta w/meatballs & sausage Roasted vegetables Tropical fruit Tossed salad w/ chicken</p>	<p>13 Pizza Day</p>	<p>14 Meatball soup Oven roasted chicken Roasted potatoes Green beans Yellow cake Tuna salad plate</p>	<p>15 Mushroom barley soup Honey glazed pork roast Mashed sweet potatoes Roasted carrots Sliced melon Chef salad</p>	<p>16 Navy bean soup Chicken parm Roasted zucchini mix Rice pilaf Peaches Chicken salad sandwich</p>
<p>19 Closed</p>	<p>20 Vegetable barley soup Lemon pepper chicken Mexican rice Capri vegetables Sliced pears Turkey sandwich</p>	<p>21 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon Italian grinder</p>	<p>22 Kale & chickpea soup Pot roast w /gravy Roasted potatoes Balsamic glazed carrots Chocolate chip cookie Greek salad w/ chicken</p>	<p>23 Tomato soup Pub burger w/ cheese Cole slaw Chips Cake Tuna salad on rye</p>
<p>26 Vegetable soup Chicken a la king w/ Mixed vegetables Steamed rice Lorna Doone cookie Chicken salad on wheat</p>	<p>27 Chicken noddle soup Ground beef stir fry w/ Vegetables Vegetable fried rice Sliced fruit Tossed salad w/ chicken</p>	<p>28 Minestrone soup Pork chop Italiano Roasted potatoes Zucchini mix Mixed fruit Cobb salad</p>	<p>29 Carrot soup Open turkey sandwich Butternut squash Stuffing Cake Roast beef on roll</p>	<p>30 Pasta & bean soup Sausage & pepper sandwich Roasted potatoes Cole slaw Watermelon Turkey & bacon sandwich</p>

January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Happy Healthy New Year to You! Closed	2. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
5. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	6. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30	7. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....NO Cribbage.....1:00 Knitting.....2:00	8. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	9. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
12. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	13. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	14. Bone builders.....9:15 Mahjongg.....9:30 Craft with Casey.....10:00 Keep Moving.....10:30 Book Club.....1:00 Cribbage.....1:00 Knitting.....2:00	15. Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner meet up.....3:30	16. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
19. Closed in Honor of Martin Luther King Jr. Day	20. Yoga.....9:30 Jewelry Making.....10:00 Water Color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	21. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	22. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	23. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Ice Cream Social.....12:30 Cribbage.....1:00 Bingo.....1:30
26. Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	27. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	28. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	29. ATEL Tech Support.....9-11 Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00	30. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30

2026 Trip Schedule

March 10th—St Patrick's Day Celebration
Aqua Turf

April 29th—Strawberry Banke NH

May 7th - Spirit of Boston

June 10th - Best of Maine

July 15th- Tall Ships

August- Essex Steam Train and River boat

September-Fall in Love Mass

October 29th -East Hill Farm

November- TBD

December-Stockbridge Christmas

ATEL

One on one
Tech Support

1/29/2026

@ 9:00 am –11:00am

By appointment

(Please Note: If he is sitting
alone the day of, you can ap-
proach him with questions)



Starting in January!!!

Tuesdays at 1:00 pm

**Join Susan Sgambato
for Zumba Gold
Senior Cardio Dance**

Crafting with Casey

Join us

January 14th @

10:00 am

For a

Valentines Craft

Space is limited

RSVP today.

Important Notice for Medicare Advantage Members

Individuals enrolled on a Medicare Advantage plan will have the opportunity to review and change their coverage during the Medicare Advantage Open Enrollment Period, which runs January 1, 2026 through March 31, 2026.

During this time, you may:

- Switch to a different Medicare Advantage Plan
- Return to Original Medicare (with or without enrolling in Part D prescription drug plan)

If you are considering making a change, this is your window to explore your options and select the coverage that best meets your health and financial needs for 2026.

See me if you are interested in an appointment with Guy B.

Join us for an
Ice Cream Social
Friday, January 23rd
at 12:30 pm



Jewelry Making with
Donna

January 20th
@ 10:00 am

Space is limited RSVP with
Melissa



St. Patrick's Day

**ST. PATRICK'S DAY CELEBRATION AT AQUATURF
Glocester Senior Center**
Tuesday ~ March 10, 2026
\$142.00 per person

Your Motor coach Will Depart:
8:45am—Glocester Senior Center
Approximate Return 5:30pm

Padraig Allen and The McLean Avenue Band have taken the Irish American Music and entertainment by storm. Enjoy live music with Irish Step Dancers with a luncheon featuring Corned Beef and Cabbage as well as Baked Scrod served family style. Also included is coffee and donuts, and a glass of wine or beer. May the luck of the Irish be with you as have a chance at a door prize before you depart.

Tour Includes: Deluxe Motorcoach Transportation, Lunch and Entertainment.

Please reserve no later than February 10, 2026 No Refunds after February 10, 2026

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

Aqua Turf, March 10, 2026/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

