

Melissa Bouvier, Director

August 2026

GLOCESTER SENIOR CENTER



August News

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

****POP UP ****

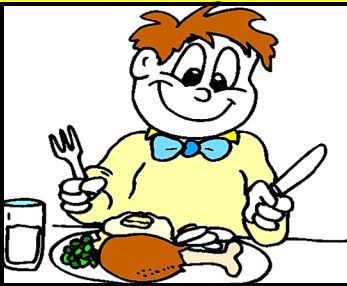
**Move it or
Lose it** class
on

Wednesday
8/5 & 8/26
10:30 am

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.

It may only be August, but we wanted
to make sure that you will be prepared
for the upcoming winter.

A representative will be here on
August 7th 10:00am-12:00pm
to help evaluate if you are income
eligible to receive assistance with
weatherization services and/or help
with your residential heating bill.



Low-Income Home Energy Assistance Program

LET'S HAVE SOME FUN!!!

ATEL

One on one Tech
Support

9:00am to 11:00am

August 13th

By Appointment

Jewelry Making with
Donna

August 18th at 10:00 am

Space is limited RSVP with
Melissa



Dinner Meet Up
Gia Ristorante Italiano

Uxbridge MA

August 20th

Reservations are at 4:00 pm

Please RSVP with Melissa



**Crafting with
Roseann**

Thursday, August 13th
at 10:00 am

Have fun while making a
Beautiful craft
as displayed at the greeters
station.

Space is limited so re-
serve your spot ASAP.

August 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 #1 Chicken noodle soup Roasted chicken w/gravy Rice pilaf Green beans Watermelon #2 Roast beef sandwich	4 #1 Vegetable soup Shepards pie Mashed potatoes Sliced pears #2 Tuna salad on rye	5 #1 Creamy potato soup Baked fish Sliced carrots Rice pilaf w/mushrooms Chocolate Chip cookie #2 Chicken salad plate	6 #1 Broccoli Cheddar soup Meatloaf w/gravy Sweet potatoes Sweet peas Sliced peaches #2 Seafood salad sandwich	7 #1 Tomato soup Chicken parmesan Italian vegetables Roasted potatoes Yellow cake #2 Cobb salad
10 Closed in Observance of Victory Day	11 #1 Tuscan bean soup Tuscan chicken Cauliflower mashed potatoes Mixed vegetables Lorna dune cookies #2 Seafood salad sandwich	12 #1 Minestrone soup Pork tenderloin w/gravy Buttered corn Mashed potatoes Mixed fruit #2 Turkey & bacon on wheat	13 #1 Lentil soup Chicken marsala California blend vegetables Roasted potatoes Tropical fruit #2 Egg salad sandwich	14 #1 Fresh mixed fruit Pub burger w/cheese Hot dog Cole slaw Chips #2 Greek salad
17 #1 Navy bean soup Chicken piccata Lemon herb rice pilaf Roasted zucchini w/tomatoes Sliced peaches #2 Corn beef on rye	18 #1 Tomato soup Meatball & pepper sandwich Italian vegetables Roasted potatoes Chocolate cake #2 Greek salad w/chicken	19 #1 Vegetable soup Creamy pork chops Cilantro lime rice Summer vegetables Sliced pears #2 Chicken salad plate	20 #1 Chicken rice soup Pot roast w/gravy Italian style zucchini Sweet potatoes Cake #2 Turkey on rye	21 #1 Clam chowder Cider glazed chicken thighs Rice pilaf Cole slaw Watermelon #2 Italian grinder
24 #1Mushroom barley soup Baked pasta w/sausage & meatballs Broccoli, zucchini & carrots Fruit cocktail #2 Roast beef sandwich	25 PIZZA	26 #1 Creamy Vegetable soup Lemon chicken and artichokes White rice Baby carrots Cookie #2 Ham salad on wheat	27 #1 Chicken soup Pork chops w/apples Mashed potatoes Buttered corn Cake #2 Greek salad w/chicken	28 #1 Tuscan soup w/vegetables Chicken w/fennel & peppers Greek Cucumber salad Rice pilaf Tropical fruit #2 Turkey & cheese sandwich
31 #1Tomato spinach & basil soup Chicken cacciatore Roasted potato Italian green beans Fresh Fruit #2 Ham salad on rye	Increase calcium & Vitamin D. Calcium & Vitamin D work together to promote optimal bone health. Our bodies can make vitamin D from sunshine. However, some people may have a hard time producing enough vitamin D. Too	Much sun exposure can increase the risk of skin cancer. Foods & beverages are often fortified with this essential nutrient		Funded in part by the US Administration on Aging and The Rhode Island office of Healthy Aging

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

August

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	4. Yoga.....9:15 Water Color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	5. Bone builders.....9:15 Mahjongg.....9:30 NO Keep Moving.....NO POP UP MOVE IT OR LOSE IT.....10:30 Cribbage.....1:00 Knitting.....2:00	6. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation,,.....10:30 Hi Lo Jack.....1:00	7. Mahjongg.....9:00 Bone Builders.....9:15 LIHEAP..... 10:00-12:00 Keep Moving.....10:30 Pool Tourney.....12:30 Cribbage.....1:00 Bingo.....1:30
10. Closed in Observance of VJ Day	11. Chair Yoga.....9:15 Water color.....10:30 Move it or lose it... ..11:00 Samba.....1:00 REIKI.....BA Zumba Gold.....1:00 Bingo.....1:30	12. 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	13. ATEL.....BA..9:00-11:00 Chair Yoga.....9:15 Crafting with Roseann..10:00 Pastel Art.....10:30 Hi Lo Jack.....1:00	14. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
17. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	18. Chair Yoga.....9:15 Jewelry with Donna.....10:00 Water color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	19. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	20. Chair Yoga.....9:15 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	21. Mahjongg.....9:00 Bone Builders.....9:15 Pool Tourney.....12:30 NO Keep Moving.....NO Cribbage.....1:00 Bingo.....1:30
24. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	25. Chair Yoga.....9:15 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30	26. Bone builders.....9:15 Mahjongg.....9:30 NO Keep Moving.....NO Pop Up Move it or lose it10:30 Cribbage.....1:00 Knitting.....2:00	27. Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00 Cooking Demo.....10:30	28. Mahjongg.....9:00 Bone Builders.....9:15 NO Keep Moving.....NO Cribbage.....1:00 Bingo.....1:30
31. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00				

BCBSRI Presents: A free
Cooking Demonstration
with **Chef Kevin Millonzi** of
M&M Food Service.



Learn how to make simple, delicious food with
just a few healthy ingredients.

(And enjoy a sample)

Thursday, August 27th

10:30am-11:30am RSVP required

Free Reiki with Carol
is back!

Being the kind & loving
person that she is, Carol
didn't want anyone to go
without Reiki if they
wanted it.



August 11th

By
appointment



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.



Glocester Senior Center Presents ~The Salem Cross Inn Tour ~ With the Quabbin Reservoir and Hay Ride Wednesday, November 4, 2026

\$169.00 Per Person

Your Motorcoach Will Depart:

**9:15AM - Glocester Senior Center
Returns Approximately - 5:15PM**

Join us for a amazing trip! Upon arrival at the Salem Cross Inn, W. Brookfield MA we will enjoy a Hay Ride on the property. Next, lunch will be served by the fireplace in this beautifully restored 1700s Colonial home. See your Prime Rib roasting to perfection in the open hearth. After lunch is done we will enjoy the beautiful landscapes as we have a one hour guided tour of the Quabbin Reservoir! Delve into the intriguing history of how and why this reservoir was built during the Depression Era.

Come and enjoy this beautiful fall day!

LUNCHEON CHOICES: Old Fashioned Chicken Pot Pie served on a Buttermilk Biscuit or Prime Rib

Please reserve no later than October 4, 2026 No Refunds after October 4, 2026

Contact: Melissa Bouvier (401-567-4557) / Check payable to: Glocester Senior Center
Salem Cross Inn, November 4/Full Payment due & meal choice upon reservation.

Name: _____

Phone: _____ Address: _____

Lunch Choice: _____ Chicken Pot Pie _____ Prime Rib

Emergency Contact:

Name _____ Phone: _____

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

TRIP OPERATED BY BLOOM TOURS