

Melissa Bouvier, Director

May 2025

GLOCESTER SENIOR CENTER



May 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.

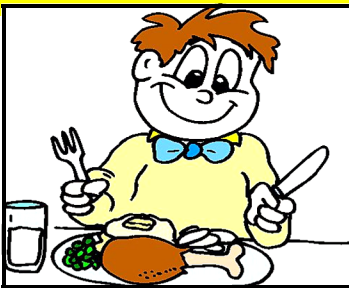
Please see Melissa



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.



Saturday, May 3rd

9AM-2PM

Grab a friend and come enjoy some
socializing & shopping all while
supporting our Center.

**VENDORS, CRAFTERS, ARTISANS,
BAKE SALE, PLANT SALE, RAFFLES,
& MORE!**

Barbara's Quick Stop food truck will also be
here to provide delicious lunch options.

Join **Social Security** for an informative session covering Retirement, Medicare, and Survivor Benefits. Get answers to all your related Social Security questions. Learn how retirement benefits are calculated and determine the best time to start collecting them. Discover how employment impacts retirement benefits. The session will also cover Medicare enrollment periods and how IRMAA (Income-Related Monthly Adjustment Amount) may affect you. Additionally, you'll learn how to access Social Security's online services and what tasks can be completed digitally. Updates on Social Security's service model and program changes will be shared. Finally, there will be time for any remaining questions you may have.



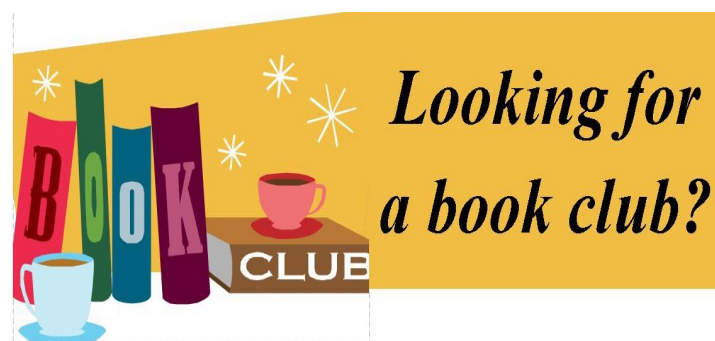
Wednesday, May 21st at 1:00 pm

Glocester Senior Center Book Discussion 2024-2025

Second Wednesday of each month at 1:00pm

May 14 Lessons in Chemistry by Bonnie Garmus

June 11 Frozen River by Ariel Lawhon



First in a 3 part Educational series Hosted by




Benefits for Veterans

Do you know you can be getting close to two thousand dollars a month if you are a Veteran or a surviving widow of a War Veteran?

Learn about the
Aid and Attendance Benefit

**Wednesday, May 28th
@ 1:00pm**

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1. Chair Yoga.....9:15 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	2. Mahjongg.....9:00 Bone Builders.....9:00 NO Keep Moving.....NO Cribbage.....1:00 Bingo.....1:30
5. Co. line dance.....9:30 Sewing Class.....10:00 Matter of Balance....10:00 Reiki with Carol.....BA 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 Beginners line dancing.....1:00 Bingo.....1:30 Cornhole.....2:15	7. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	8. Chair Yoga.....9:15 Meditation.....10:30 Pastel Art.....10:30 Mother's Luncheon.....12:00 Hi Lo Jack*****1:15**	9. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament.....12:30 Cribbage.....1:00 Bingo.....1:30
12. S.H.I.P.....BA A.T.E.L.....BA Co. line dance.....9:30 Sewing Class.....10:00 Matter of Balance....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	13. 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	14. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Book Club.....1:00 KWV Meeting.....2:00 Knitting.....2:00	15. Chair Yoga.....9:15 Craft with Roseann.....10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	16. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
19. Co. Line dance.....9:30 Sewing Class.....10:00 Matter of Balance.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	20. Closed for Town Budget Vote	21. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Social Security Discussion..1:00 Knitting.....2:00	22. Chair Yoga.....9:15 Crafting with Roseann..10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner Trip.....3:15	23. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament.....12:30 Ice cream Social12:30 Cribbage.....1:00 Bingo.....1:30
26. 	27. 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	28. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Veteran's Benefits.....1:00 Knitting.....2:00	29. Chair Yoga.....9:15 Craft with Roseann.....10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	30. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

May 2025

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 Healthy Aging

1
Fresh fruit
Scrambled eggs
Home fries
Bacon & sausage
Assorted muffins
Chef salad

2
Vegetable soup
Italian beef sandwich
Roasted mixed vegetables
Chips
Watermelon
Tuna salad plate

5
Escarole bean & sausage soup
Chicken Diane
Rice Florentine
Green beans
Ww roll
Brownie
Ham & cheese on rye

6
Minestrone soup
Swiss steak
Mashed potatoes
Baby carrots
Ww Roll
Fresh melon
Tossed salad w/ chicken

7
Vegetable lentil soup
Pork chop Italiano
Rice pilaf
Peas & onion
Ww roll
Sliced pears
Seafood salad sandwich

8 Mother's Day Luncheon
Cauliflower tomato soup
Open turkey sandwich
Mashed sweet potatoes
Stuffing
Ww bread
Cake

9
Vegetable barley soup
Pub burger
Cole slaw
Potato wedges
Mixed fruit
Ww roll
Turkey sandwich

12
Tuscan white bean soup
Shepards pie
Mashed potato
Ww roll
Sliced peaches
Chicken salad sandwich

13
Mushroom barley soup
Grilled chicken
Spanish rice
Capri vegetable blend
Ww roll
Brownie
Chef salad

14
Cabbage soup
Pork shoulder roast w/ gravy
Rice pilaf
Green beans
Ww roll
Watermelon
Tuna salad plate

15
Tomato soup
Stuffed meatloaf
Mixed vegetables
Roasted potatoes
Roll
Cookies
Chef salad

16
Chicken soup
Cheesy baked pasta w/sausage
Roasted zucchini
Ww garlic roll
Pineapple chunks
Corned beef on rye

19
Vegetable lentil soup
Meatball & pepper sandwich
Potato wedges
Cole slaw
Watermelon
Roast beef on roll

20
Closed
Town of Glocester
Financial
Referendum

21
Tomato soup
Honey garlic pork tenderloin
Mushroom rice pilaf
Buttered corn
Ww Roll
Brownie
Seafood salad sandwich

22
Vegetable soup
Beef tips w/mushroom gravy
Mashed potatoes
Baby carrots
Cake
Ww roll
Chopped salad w/chicken

23
Chicken escarole soup
Chicken marsala
Roasted potatoes
Brussel sprouts
Ww roll -
Peaches
Tuna salad plate

26


27
Kale & bean soup
BBQ chicken
Roasted potatoes
Green beans
Ww roll
Fresh fruit

28
Meatball soup
Crustless chicken pot pie
Mashed potatoes
Ww roll
Oatmeal cookies
Italian grinder

29
Split pea soup
Stuffed pork chop
Rice pilaf
Zucchini w/ tomatoes
Ww roll/ Fruit cocktail
Tossed salad w/grilled chicken

30
Creamy chicken tomato soup
Fish sandwich
Cole slaw
Sliced potatoes
Ww roll
Cake

LET'S HAVE SOME FUN!!!

Mother's Day Luncheon

May 8th at noon

Cauliflower Tomato Soup

Turkey

Mashed Sweet potatoes

Stuffing

Bread, Cranberry sauce, Cake

The raffle drawing will also take place this day after lunch

Please order today at the scan in kiosk. Space is limited.

**ICE CREAM
SOCIAL**



Friday May 23rd

@ 12:30 pm

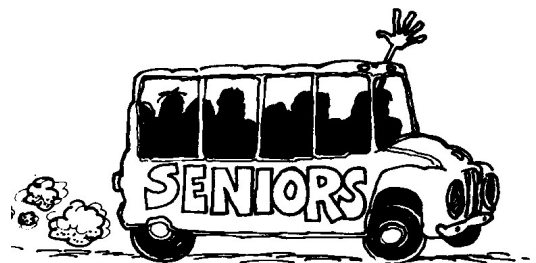
Sponsored by

Bayberry Commons

Take a trip to
Point Breeze in Webster, MA
Enjoy some good food and
good company.

May, 22nd at 3:15

Space is limited to 10 so
please RSVP with Melissa



Crafting with Roseann

Thursday, May 22

@ 10:00 am

This month we will be making a Burlap and Pom pom wreath
(Be sure to check out the
display at the greeters station)

Space is limited to 10

RSVP Today

Reiki with Carol

May 5th



By appointment only

Please see Melissa.

ATEL

One on One
Tech Support

May 12th

Get the help you need to
navigate your smart
phone or table.

By appointment, please see
Melissa.



Glocester Seniors Presents...
Plymouth Whale Watching

Thursday, August 14, 2025

\$165.00 per person

Your Motorcoach Will Depart:

9:30AM Glocester Senior Center

Returns Approximately 7:45PM

Join us on the journey as we head out to Cape Cod Bay and Stellwagen Bank, a marine sanctuary and one of the primary feeding grounds for humpback whales, finback whales, pilot whales, minke whales, and the endangered right whales. The knowledgeable naturalists will guide you on a four-hour experience that is educational, exciting and exhilarating. Imagine yourself within feet of some of the rarest, most graceful mammals in the world. This will give you the opportunity to view sights you'll never forget. Before the cruise we will have a buffet lunch at the *Dan'l Webster Inn*. The *Inn* is proudly recognized as a Distinguished Restaurant of North America, placing it in the top 1% of restaurants in the country. This is a trip you will not want to miss!

Please reserve no later than July 14, 2025 No Refunds after July 14, 2025

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

Whale Watching, August 14, 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



Glocester Seniors Presents

“Tootsie”

at the Interlakes Theatre, Meredith, NH

THURSDAY, JULY 17, 2025

\$150.00 Per Person



YOUR MOTORCOACH WILL DEPART AS FOLLOWS:

7:45AM Glocester Senior Center

Approximate Return 7:00PM

Join Bloom Tours for a day in Meredith, NH!

Let's go to a show! Today, we head to Meredith, NH for an amazing summer day! We start off at Hart's Turkey Farm for a delicious meal. You will have your choice of Turkey, Roast Beef or Broiled Haddock. After lunch you're headed to Interlakes Summer Theatre for a great matinee show! Interlakes Summer Theatre is a beautiful, recently renovated and air-conditioned 420 seat proscenium theatre located in the heart of the Lakes Region on Lake Winnepesaukee. Don't miss a nice day of food and theater. Book early!

Please reserve no later than June 17, 2025 No Refunds after June 17, 2025

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

Interlakes Theatre, July 17, 2025 / Full Payment due upon reservation.

Name: _____

Phone: _____ Address: _____

____Turkey____Broiled Haddock____Roast Beef

Emergency Contact:

Name: _____ Phone: _____

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