

Melissa Bouvier, Director

July 2025

GLOCESTER SENIOR CENTER



July 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.

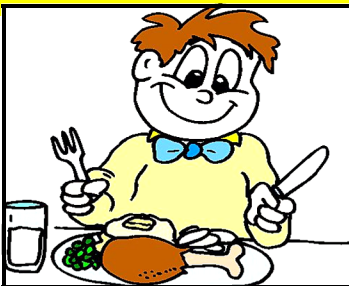
Please see Melissa



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.



Summer Celebration Luncheon

Friday July 25th at noon

Join us for a delicious meal with all the
flavors of summer.

Chicken Escarole Soup

BBQ Pulled Pork

Baked Beans

Potato Salad & Peaches

Space is limited sign up today.

Followed by an Ice Cream Social

Are you curious about Meditation?

Have you heard of all the health benefits but not sure if it is for you?

Come give it a try and see how you feel.

Some of the benefits of a consistent practice include:

- *Improved focus and concentration
- *Better sleep quality
- *Reduced stress and anxiety
- *Can help to lower blood pressure
- *Can help individuals to cope with pain

Join us for meditation on the following

Thursday's at 7/10/2025
10:30. 7/24/2025

Mark your calendar and 8/7/2025
try something new. 8/21/2025

July's Educational Series

JULY 30th @ 1:00 p.m.

Topics to be covered:

How to stay in your home safely...Can you?

Having the right Home Care Agency is key!

Medicaid home care in the home, Do you qualify?

What is Short Term Rehab?

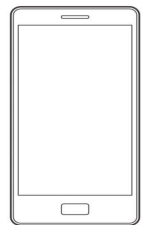
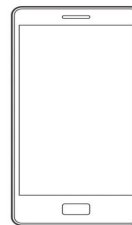
What is Long Term Care in a nursing community?

Decluttering the home is important!

What is the five year look back, regarding your finances!

Brought to you by Health Concepts, LTD

Please RSVP if planning to attend.



ATEL


**One on One
Tech Support**

July 28th 9:00am-11:00 am

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

By appointment, please see
Melissa.

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. 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	2. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	3. Chair Yoga.....NO Pastel Art.....10:30 Hi Lo Jack.....1:00	4. 
7. S.H.I.P.....BA Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	8. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Beginners line dancing.....NO Bingo.....1:30 Cornhole.....2:15	9. 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	10 Chair Yoga.....9:15 Flower pot craft.....10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:15	11. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
14. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	15. 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	16. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	17. Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:15 Dinner Trip.....3:15	18. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Pool Tournament.....12:30 Cribbage.....1:00 Bingo.....1:30
21. Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00 Alzheimer's discussion 1:00	22. 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	23. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	24. Chair Yoga.....9:15 Crafting with Roseann...10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	25. Mahjongg.....9:00 Bone Builders.....9:00 Keep Moving.....10:30 Summer Celebration.12:00 Ice Cream Social.....12:30 Cribbage.....1:00 Bingo.....1:30
28. ATEL.....9am-11:00 Co. Line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	29. 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	30. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Educational Series #3.....1:00 Knitting.....2:00	31. Chair Yoga.....9:15 Jewelry class.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:15	

SERVING SIZES

Grains – 2 ounces

Vegetables – ½ cup

Fruits – ½ cup

Protein – 3 ounces

Dairy – 1 cup

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dinner rolls are served with all meals	1 Tuscan white bean soup Lasagna roll up w/meat sauce Greek cucumber salad Fruit cocktail Chicken salad sandwich	2 Tomato soup Grilled chicken Spanish rice Mixed vegetables Mixed fruit Egg salad on wheat bread	3 Creamy tomato chicken soup Pub burger w/cheese Pasta salad w/vegetables Strawberry short cake Tuna salad plate	4 Closed
7 Escarole bean & sausage soup Chicken parm Roasted potatoes Green beans Brownie Ham salad on rye	8 Minestrone soup Shepards pie Mashed potatoes Fresh melon Tossed salad w/ chicken	9 Vegetable lentil soup Roasted pork loin w/gravy Rice pilaf Peas & onion Sliced pears Seafood salad sandwich	10 Vegetable soup Pot roast w/ gravy Mashed potatoes Roasted zucchini & tomatoes Cake Spinach salad w/ chicken	11 Vegetable soup Open turkey sandwich w/gravy Stuffing Green beans Cookies Ham & cheese on rye
14 Mushroom barley soup Sloppy joe w/ ww roll Cole slaw Mediterranean potato salad Fresh melon Chef salad	15 Escarole & bean soup Sausage & Pepper sandwich Broccoli florets Roasted sweet potatoes Cake Egg salad on rye	16 Chicken soup Pork shoulder roast w/ gravy Rice pilaf Peas & carrots Watermelon Tuna salad plate	17 Tomato soup Meatloaf w/ gravy Mashed potato Baby carrots Peaches Cobb salad	18 Broccoli & cheese soup Stuffed shells Roasted zucchini w/mushrooms Chocolate cake Chicken salad plate
21 Vegetable lentil soup Chicken marsala Potato wedges Mixed vegetables Watermelon Roast beef on roll	22 Minestrone soup Beef w/ broccoli & mushrooms Rice pilaf Roasted carrots Sliced pears Chef salad	23 Tomato soup Mediterranean chicken Potatoes mushrooms & Tomatoes Oatmeal cookie Seafood salad sandwich	24 Vegetable soup Baked ham w/ gravy Spanish rice Green beans Cake Chopped salad w/chicken	25 <u>Summer Celebration</u> Chicken escarole soup BBQ pulled pork Baked beans Potato salad Peaches
28 Vegetable barley soup Pork chop Italiano Roasted potatoes Mixed green & wax bean salad Chocolate chip cookie Turkey sandwich on wheat	29 PIZZA	30 Tomato soup Balsamic pork loin Sweet potatoes Mixed vegetables Cake Seafood salad plate	31 Chicken soup Chicken cacciatore Roasted potatoes Broccoli florets Fresh melon Tossed salad w/ chicken	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>

LET'S HAVE SOME FUN!!!



Crafting with Roseann

Join us in making a beautiful and unique

Seashell Air Plant Craft

July 24th @ 10:00am

Space is limited to 10

RSVP Today

(see display at greeters station)

**Join us for a fun and relaxing
morning of creativity!**

Wednesday, July 10th at 10:00 AM



We we'll be decorating flowerpots and planting beautiful flowers to take home. All supplies will be provided, so just bring your creativity and a smile! Space is limited, so be sure to sign up early!

Sponsored by **Eden Health Care**

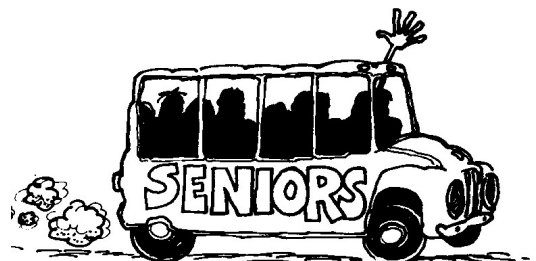
Take a trip to
Iggy's Restaurant

Enjoy some good food and
good company.

July 17th @ 3:15

Space is limited to 10

Please RSVP with Melissa



What You Should Know About Social Security if Your Spouse Passes Away

The death of a spouse is among the most stressful life events. Losing a spouse can be devastating both emotionally and financially. You can depend on us during this difficult time.

Can I get surviving spouse benefits?

When your spouse passes away, you may be able to get benefits as a surviving spouse – even if you're divorced. Eligibility depends on several factors:

1. **Age** – You may be eligible for survivor benefits:

- If you are age 60 or older.
- As early as age 50, if you have a disability and are unable to work.
- At any age if you're caring for your deceased spouse's child who is younger than 16 or who developed a disability before age 22. *Note: Children (including stepchildren, grandchildren, step-grandchildren, and adopted children) may be eligible for survivor benefits, too.*

2. **Employment** – You may be able to work and get survivor benefits. It depends on your age and how much you're earning. If you're younger than full retirement age, you're subject to an earnings limit.

Benefit status – If you already receive retirement or disability benefits on your own work record, you may be due survivor benefits if they're greater than your own. You won't receive both – you'll get the higher amount.

How much will I get as a surviving spouse?

Social Security benefits are based on a worker's lifetime earnings. As a surviving spouse, you may receive between 71.5% and 100% of your deceased spouse's benefit. The longer you wait to apply – up until your full retirement age – the higher your monthly benefit amount will be.

When should I apply for survivor benefits?

When your spouse dies, we recommend you call us right away at 1-800-772-1213 about our \$255 lump sum death payment. You'll also want to discuss monthly benefits for you and your family.

You have options. You may be able to get benefits as a surviving spouse while delaying your own retirement benefit, if it's higher. Or, you may want to receive a reduced retirement benefit, then wait until later to apply for a higher survivor benefit.

How do I apply for survivor benefits?

You must make an appointment by calling us at 1-800-772-1213.

If you already receive spouse benefits, you will automatically be converted to surviving spouse benefits. No application is needed. However, you should contact us to apply for the one-time only \$255 lump sum.

You cannot apply for survivor benefits online.

What if I'm divorced?

You may be able to get benefits as a surviving divorced spouse if you were married at least 10 years, even if your spouse had remarried. You must be at least age 60, or 50 if you're disabled, and you must be single – unless your remarriage occurred after age 60. *Note: We may be able to pay divorced spouse benefits while your former spouse is living.* By Cheryl Tudino

LET'S HAVE SOME FUN!!!



Jewelry making with Donna

This is a new class offering

Join us on **Thursday, July 31st at 10:30 am** when Donna will be teaching you how to bead a necklace to your liking. This class will be about an hour and a half and will include all supplies and instruction needed to make a beautiful necklace for you to wear.



I wanted to take a moment to explain a few of the ongoing Community Outreach programs that we at GSC are involved in.

- ♦ We collect Dino's receipts to help the food pantry & The Gloucester Heritage Society .
- ♦ We collect non perishable food for the Gloucester Food Pantry.
- ♦ We collect can tabs for The Ronald McDonald house.
- ♦ Our Knitting group donates hand made items to the needy/homeless, the Veteran's home in Bristol RI, and to the angel babies at UMass Hospital
- ♦ The Gloucester Village/ Burrillville Village—A neighbors helping neighbors volunteer program to help people age in their own home for longer.
- ♦ Collecting all coupons (including expired) for our military overseas.



Glocester Senior Center Presents...

Cape Cod Dinner Train Tour

Wednesday, September 10, 2025

\$155.00 per person

Your Motorcoach Will Depart:

9:00AM - Glocester Senior Center

Approximate Return 6:00PM

Join *Bloom Tours* on a scenic ride down to Hyannis, MA. We will board their Colonial Lunch Train for a delightful 2 1/2 hr journey & 3 course meal! We are treated to expertly prepared food served with white-linen class. Converse over afternoon coffee, sit back and enjoy a mid-day escape of a relaxing train ride. Your meal choice is Hunter's Harvest Chicken, Sweet Potato Pecan Crusted Salmon, Autumn Salad or Cape Cod Central's Ham Sandwich. Also included is Harvest Chowder, Coffee/Tea and Chefs Choice Dessert. Following your excursion you will head to Hyannis for exploring and shopping.

Please reserve no later than August 10, 2025 No Refunds after August 10, 2025

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

Cape Cod Dinner Train, September 10, 2025/Full Payment & Meal Choices due upon reservation.

Name: _____

Phone: _____ Address: _____

Meal Choice: Chicken Salmon Salad Ham Sandwich

Emergency Contact:

Name _____ Phone: _____

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

TRIP OPERATED BY BLOOM TOURS

