BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

BARRINGTON SENIOR CENTER
281 COUNTY ROAD

JULY 2014

TELEPHONE 247-1926
LOUISE HOUSE, DIRECTOR

SENIOR CENTER STAFF

Louise House
Director

Ed Carusi
Outreach Services
247-3791

Mira Meyer-Oertel
Senior Services Coordinator

Shirley Slusarski
Clerical/RIPAE Coordinator

Fran Stabila
Rod Maturi
Kitchen Staff

Larry Daglieri
Ron Walpole
Transportation

Emily Hartley
Activity and Trip Coordinator

Center Hours
9:00 AM - 4:00 PM
Monday - Friday

CENTER CLOSED
FRIDAY, JULY 4TH - INDEPENDENCE DAY

NEEDED: BINGO CALLER VOLUNTEER S
Thursdays 1:00pm - 3:00pm
Please call the Senior Center at 247-1926

PLEASE NOTE

- Don is taking a well-deserved Summer break but "Mindful Breathing" will return in the Fall. Enjoy your time away, Don!
- The Chorus has decided to meet and continue rehearsing during the Summer.

NEW LOGO

With this copy of the Newsletter, we are introducing a new logo, designed by students at Roger Williams University. We would love to have your feedback and invite you to voice your opinion - please call the Center at 247-1926 or stop by for conversation!

FLOWERS FOR EVERYONE

Friday, July 18th at 1:00pm
Cost 15.00

SERENADE OF SUMMER

A favorite season of many, summer boasts an almost endless array of sight, sound and scent. Please join us as we engage (and enjoy) the mellifluous magic of this special time of year.

First we will create a "wildflower bouquet" using hand-painted ceramic containers and a bounty of fresh blooms. Sky blue delphinium, white daisy, and golden solidago enhance this seasonal masterpiece.

Next it's time for a garden party complete with bright music and sweet watermelon sherbet.

Come join the celebration—sign up today!

TECH TUESDAY

Tuesdays, July 8th and 22nd
3:00pm - 4:00pm

Bring your computer questions to the students from MTTI Technical School!

LINE DANCING BEGINS

Wednesdays, 1:00pm to 2:00pm
$3.00 per Session

Line dancing will start July 2nd and take the place of "Dance Music" for the Summer. Doris Guerette will be the instructor and will review familiar steps and teach new ones as well. No sign-up necessary - just come, have fun and get some exercise.

ANNUAL SENIOR PICNIC

Friday, July 25th - Cost: $3.00

Once again, the picnic will be at Colt State Park and this year will feature Douglas Botelho from Bristol as entertainment (*please note that the meal site at the Senior Center will be closed*). A delicious picnic menu of hamburgers, hot dogs, baked beans and corn on the cob will be served with strawberry shortcake and watermelon as desert. Please buy your tickets at the Senior Center and let us know if you need a ride with the Center van. Please sign up by July 21st. Do not miss this fun event!

AARP SMART DRIVER COURSE

Tuesday, July 22nd at 9:00am - 1:00pm

AARP is offering a new and enhanced program for driver safety. The "Smart Driver Course" is designed to continue AARP's legacy of quality driver education while introducing a focus on topics that are highly relevant for older drivers. Upon completion of this course you may be eligible to receive an auto insurance discount - but please consult your agent for details. The cost is $15.00 for members, $20.00 for non-members (please bring exact change). Feel free to bring a snack or lunch, coffee will be provided. Please sign up in advance at 247-1926.

HOME SAFETY TIPS

STOP FALLS

Here are some simple and inexpensive suggestions on how to reduce falls around the home:

Bathroom:
- Place non-skid strips on tub or shower floor
- Use a shower seat
- Install a handheld shower head
- Use a raised toilet sear
- Install grab bars in tub and shower

Bedroom:
- Put a lamp in an easy to reach place near bed
- Have a firm chair to sit and dress
- **Kitchen:**
- Place heavy items within easy reach
- Use sturdy stepladder with safety bar or handgrip

ACTIVITY CLUB TRIPS AND ACTIVITIES*

$7.00 per year membership for people 55+
(All trips are to be paid for separately. A $10.00 deposit is due at sign-up)

July 16, 2014 (Wednesday) - "*Boston Ducks*" tour of Boston. On arrival you will tour the Boston Common and the beautiful Public Gardens. A full course luncheon is included at the famous "*No Name* " Restaurant on the Fish Pier. Then you'll take a narrated tour on one of the famous Boston Ducks amphibious vehicles and actually take a plunge into the Charles River for a brief cruise. Depart at 8:30am from behind Barrington Town Hall and arrive back home about 5:30pm.

August 21, 2014 (Thursday) - "***Tribute to Patsy Kline" and Lobster Fest*** at the Log Cabin in Holyoke, MA. Your first stop will be at the Akins Farm Shop in Amherst with its array of local products, including jams and jellies, and then you'll travel to the Log Cabin for a delicious luncheon. Then sit back and enjoy the Log Cabin's "*Walking after Midnight*" tribute to Patsy Cline with Janice Dee. Leave from the rear of Barrington Town Hall at 8:00am and return home about 5:30pm.
Final payment due on August 7th. **Trip is sold out!**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2014	**1** 9:30am…Senior Strength 1:00pm....Chorus	**2** 9:30am... Chair Yoga 10:00am…Knitting 12:30pm…Men's Bridge 1:00pm…Line Dancing	**3** 9:30am…Senior Strength 10:30am…Blood Pressure 1:00pm....Bingo	**4** **CLOSED** **for** **INDEPENDENCE DAY**
7 9:30am…Chair Yoga 10:00am… Internet Class 12:30pm…Ladies' Bridge 1:00pm…Mah Jongg 1:00pm...Alzheimer's Support 6:45pm…Duplicate Bridge	**8** 9:30am…Senior Strength 10:00am…Current Events 1:00pm....Chorus 3:00pm…Tech Tuesday	**9** 9:30am... Chair Yoga 10:00am…Knitting 12:30pm…Men's Bridge 1:00pm...No Line Dancing	**10** 9:30am…Senior Strength 10:30am…Blood Pressure 1:00pm....Bingo	**11** 8:30am…Shopping 9:00am....Benefit Rep 9:30am...Tai Chi 10:00am…Scrabble Club 1:00pm…Yoga
14 9:30am…Chair Yoga 12:30pm…Ladies' Bridge 1:00pm…Mah Jongg 6:45pm…Duplicate Bridge	**15** 9:30am…Senior Strength 1:00pm…Chorus	**16** ..8:30am...Boston Ducks Tour 9:30am…Chair Yoga 10:00am…Knitting 12:30pm…Men's Bridge 1:00pm...Line Dancing	**17** 9:30am…Senior Strength 10:30am…Blood Pressure 1:00pm…Bingo	**18** 8:30am…Shopping 9:00am…Benefit Rep 9:30am...Tai Chi 10:00am…Scrabble Club 1:00pm…Yoga 1:00pm…Flowers f/Everyone
21 9:30am…Chair Yoga 12:30pm…Ladies' Bridge 1:00pm…Mah Jongg 6:45pm…Duplicate Bridge	**22** 9:00am...AARP Smart Driving 9:30am…Senior Strength 10:00am…Current Events 1:00pm…Chorus 3:00pm...Tech Tuesday	**23** 9:30am…Chair Yoga 10:00am…Knitting 12:30pm…Men's Bridge 1:00pm...Line Dancing	**24** 9:30am…Senior Strength 10:30am…Blood Pressure 1:00pm…Bingo	**25** 8:30am…Shopping 9:00am…No Benefit Rep 9:30am…Tai Chi 10:00am…Scrabble Club 11:00am...Senior Picnic 1:00pm…Yoga
28 12:30pm…Ladies' Bridge 1:00pm…Mah Jongg 6:45pm…Duplicate Bridge	**29** 9:30am…Senior Strength 1:00pm…Chorus 3:00pm...Tech Tuesday	**30** 9:30am…Chair Yoga 10:00am…Knitting 12:30pm…Men's Bridge 1:00pm...Line Dancing	**31** 9:30am…Senior Strength 10:30am…Blood Pressure 1:00pm…Bingo	 HAPPY SUMMER!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JULY 2014	**1** Onion Soup w/Crouton **Rosemary Chicken Leg Quarter** Roasted Potatoes Capri Blend Vegetables Lemon Pudding *(Ham & Cheese on Wheat)*	**2** Vegetable Soup **Antipasto Salad** **(Tossed Salad with Assorted Meats and Cheeses)** Fresh Plum *(Roast Beef & Cheese on a Roll)*	**3** Lemonade **Hamburger on a Roll** Baked Beans Cole Slaw Fresh Baked Pie *(Low Sodium Hot Dog on a Roll)*	4 **Closed** ***Independence Day***
7 Escarole & Bean Soup **Roast Turkey with Gravy** Stuffing Summer Squash Lorna Doone Cookies *(Italian Tuna on Bulky Roll)*	**8** Turkey Rice Soup **Sloppy Joe on Hamburger Bun** Vegetable Salad Butterscotch Pudding *(Egg Salad on Hamburger Bun)*	**9** Chicken Gumbo Soup **Orange Boneless Chicken** Seasoned White Rice Oriental Blend Vegetable Fresh Fruit *(Meatloaf on Wheat)*	**10** Low Sodium V-8 Juice **Florentine Fish** Au Gratin Potatoes Mixed Vegetables Apricot Half *(Chicken Salad on Pumpernickel)*	**11** Venus Di Milo Soup **Meatball Grinder w/Provolone** Baked Lays Chips 3-Bean Salad Pound Cake *(Turkey & Provolone on Roll)*
14 Beef Barley Soup **Buffalo Chicken Salad Wrap** Tossed Salad Fresh Pasta Salad Sliced Peaches *(Seafood Salad Wrap)*	**15** Pasta Fagoli **Italian Sausage on Grinder Roll** Peppers & Onions Ice Cream *(Tuna Salad on a Roll)*	**16...**OJ **Scrambled Eggs w/Tomato** **Stuffed Blueberry Pancake** **Breakfast Sausage** Fresh Fruit Cup	**17** Chicken Soup **Beef Wellington w/Ketchup** Garlic Mashed Potatoes Seasoned Spinach Frosted Cupcake *(Honey Ham & Swiss on Bulky)*	**18**...Clear Chowder **Seafood Newburg** Rice Pilaf Tossed Salad w/Dressing Cantaloupe Slice *(Chicken Salad on Pita)*
21 Lentil Soup **Vegetable Lasagna** Roasted Vegetables Italian Ice *(Tomato and Mozzarella on Roll)*	**22** Chili Soup **Chef Salad** **(Turkey,Ham,Cheese and Egg)** Tapioca Pudding *(Italian Grinder)*	**23** Tomato Soup **Breaded Veal with Gravy** Seasoned Tortellini Capri Blend Vegetables Watermelon *(Italian Tuna on Marble)*	**24** Vegetable Chowder **Crab Cake** Fresh Potato Salad Broccoli Slaw Brownie *(Pastrami & Cheese on 9-Grain)*	**25** **Picnic at Colt State Park** Lemonade **Low Sodium Hot Dog on a Roll** Baked Beans Tomato & Cucumber Salad Strawberry Shortcake *(Hamburger on a Roll)*
28 Chicken Soup **Salisbury Steak with Gravy** Mashed Potatoes Mixed Vegetables Mandarin Oranges *(Ham Salad on Rye)*	**29** Beef Noodle Soup **Seafood Salad** Fresh Pasta Salad Tossed Salad w/Dressing Fresh Fruit *(Bologna & Cheese on White)*	**30** Cream of Broccoli Soup **Stuffed Pepper** Sliced Carrots Hoodsie Cup *(Chicken Salad on Multi Grain)*	**31** Minestrone Soup **Italian Style Chicken Cutlet** Zucchini Lyonnais Potatoes Butterscotch Pudding *(Egg Salad on Wheat)*	***Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.***

RECIPE CORNER

Shrimp and Snow Pea Fry

2 tablespoons canola oil, divided
1 pound raw shrimp, (21-25 per pound), deveined
3 cups snow peas, trimmed
8 ounces shitake mushrooms, stemmed, sliced
2 tablespoons minced fresh ginger
¼ cup dry sherry, (see ingredient notes)
2 tablespoons hoisin sauce. (see ingredient notes)
2 tablespoons reduced-sodium soy sauce
3 teaspoons cornstarch
½ teaspoon freshly ground pepper
3 cups mung bean sprouts

1. Heat 1 tablespoon oil in a wok or large nonstick skillet over high heat. Add Shrimp and cook, stirring until pink and beginning to curl, about 1 minute. Transfer the shrimp to a plate (it will finish cooking later).
2. Heat the remaining 1 tablespoon oil in the pan over high heat. Add snow peas, shitakes and ginger and cook, stirring occasionally, until the vegetables are softened, 5 - 7 minutes.
3. Meanwhile whisk sherry, hoisin sauce, soy sauce, cornstarch and pepper in a small bowl.
4. Stir bean sprouts, the cooked shrimp and the sherry mixture into the snow pea mixture and cook, stirring constantly, until the sauce is slightly thickened and the shrimp are cooked through, 1 - 2 minutes.

Per serving: 305 Calories; 10 g Fat; 1 g Sat; 5 g Mono; 173 mg Cholesterol; 21 g Protein: 4 g Fiber; 573 mg Sodium; 509 mg Potassium

Notes: Don't use the "cooking sherry" sold in many supermarkets. It can be surprisingly high in sodium, instead purchase dry sherry that's sold with other fortified wines in your liquor store.
Hoisin sauce is a dark brown, thick, spicy-sweet sauce made with soybeans and a complex mix of spices. Look for it in the Chinese section of your supermarket.

TOWN OF BARRINGTON
Senior Center
281 County Road
Barrington, Rhode Island 02806

Presorted
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U.S. POSTAGE
PAID
Barrington, R.I.