

BARRINGTON SENIOR CENTER

Nationally Accredited
Come Learn Something New!



BARRINGTON SENIOR CENTER
 281 COUNTY ROAD

MARCH 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

PLEASE NOTE

**There will be no Dance Music on Wednesday, March 19th.
 The band will be back on March 26th!**

COMPUTER CLASS

**Monday, March 3rd - March 31st (5 weeks)
 10:00am - Cost \$25.00**

Once again, Joan Allen will be leading a beginner computer class and will teach you to understand computer hardware as well as how to use the keyboard and the internet. You will also learn how to send and receive-e-mail - a great way to connect with family and friends. Please call the Center with questions and to register.

PAINTING CLASS

**Tuesday, March 11th - May 27th
 9:30am or 12:30pm**

Instructor Judy Keeley is back! Come bring your water colors, oils or acrylics and join your fellow painters. Cost is \$35.00 with payment due at first class.

JOURNEYS WITH SALLY

**Thursday, March 27th at 12:30pm
 Cost: \$22:00 (includes Tour and Tea)**

TEA WITH JOHN BROWN

Yes, it is almost too good to be true—a rare opportunity to experience a formal tea in the opulent setting of an eighteenth century mansion.

Please join us as we travel to the celebrated John Brown House Museum. Guests will receive a personally guided tour highlighting the exquisite china and tea set collections. Afterwards, participants will savor the colonial ambiance while enjoying a delightful afternoon tea. And, who knows, perhaps Esquire John Brown will pay us a visit.

ALZHEIMER'S SUPPORT GROUP

Monday, March 3rd at 1:00pm

The caregiver support group continues to meet on the first Monday of the month. All are welcome!

VALUABLE SOLUTIONS

Tuesday, March 4th at 1:00pm

Scott Grande, a licensed insurance agent, will be at the Senior Center to present important information on how to prepare for prepaying your final expenses. Mr. Grande will discuss topics such as “*How to Protect \$15,000 from Medicaid,*” “*Safer Options than Prepaying a Funeral Home*” and other issues of importance to seniors. Please call the Senior Center to register.

HEALTHY COOKING DEMONSTRATION

Thursday, March 20th at 10:45

Chef Kevin from Atria Bay Spring Village will be at the Center to share his healthy recipe for a unique appetizer. Participants will see a demonstration of how to create this delicious and healthy dish and will be able to taste and enjoy it. Don't miss this fun event!

FREE INCOME TAX ASSISTANCE CONTINUES

Tuesdays from 12:00pm - 3:00pm in the Library.

AARP volunteers are available to assist with the preparation of your income tax. Please bring a picture ID and social security or medicare card as well as your 2012 tax return and all 2013 documents related to income.

CHAIR MASSAGE

March 7th, 12:00pm - 2:00pm

Enjoy a relaxing and therapeutic chair massage at the Center. Cost is \$10.00 for 15 minutes or \$20.00 for 30 minutes. Please make an appointment in advance! Sponsored by the YMCA.

BEADING FOR EVERYONE

Every Thursday at 1pm - \$3.00 per Session

This new class is continuing at the Center! Come and enjoy the fun and challenge of learning to create necklaces, bracelets, earrings, etc. Come join us - you'll have a great time!

SAVE THE DATE

HEALTH SCREENING

Thursday, April 17th at 10:00am

The Visiting Nurse Services of Newport and Bristol Counties will be at the Center to administer blood pressure, cholesterol and glucose screening. Reservations are not required - all are welcome.

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)

March 13, 2014 (Thursday) - St. Patrick and St. Joseph's Day Gala at West Valley Inn.

You will be served a delicious luncheon (choice of Corned Beef and Cabbage, Baked Scrod, or Stuffed Chicken Breast) and enjoy entertainment by Vinnie Ames. Depart at 10:30am via coach from the rear of Barrington Town Hall and return home about 4:30pm. **Cost: \$26.00**

April 16, 2014 (Wednesday) - Newport Playhouse, "My Husband's Wild Desires," a light Comedy.

The trip also includes a delicious Buffet Luncheon and Cabaret. Leave at 9:45am via coach from the rear of Barrington Town Hall. (Sold out)

May 9, 2014 (Friday) - Wright's Farm Restaurant/Gift Shop and Dairy Farm/Bakery.

Come, travel with us and enjoy their famous luncheon of Chicken, Macaroni Salad, Fries and Dessert. We will also visit the Dairy Farm and Bakery. Leave at 10:30am from behind Barrington Town Hall via coach. **Cost: \$24.00.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am...Chair Yoga 10:00am...Computer Class 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 1:00pm...Alzheimer's Support 6:45pm...Duplicate Bridge	4 9:30am...Senior Strength 10:00am...Current Events 1:00pm Valuable Solutions 2:30pm...Chorus at Atria	5 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Music	6 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Beading for Everyone	7 8:30am...Shopping 9:00am...Benefit Rep 10:00am...Scrabble Club 12:00pm...Chair Massage 1:00pm...Yoga
10 9:30am...Chair Yoga 10:00am...Computer Class 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	11 9:30am...Senior Strength 9:30am...Painting 12:30pm...Painting 1:00pm...Chorus	12 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Music	13 9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Beading for Everyone	14 8:30am...Shopping 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
17 9:30am...Chair Yoga 10:00am...Computer Class 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	18 9:30am...Senior Strength 9:30am...Painting 10:00pm...Current Events 12:30pm...Painting 1:00pm...Chorus	19 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...No Dance Music	20 9:30am...Senior Strength 10:30am...Blood Pressure 10:45am...Healthy Cooking 1:00pm...Bingo 1:00pm Beading for Everyone	21 8:30am...Shopping 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
24 9:30am...Chair Yoga 10:00pm...Computer Class 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge	25 9:30am...Senior Strength 9:30am...Painting 12:30pm...Painting 2:00pm...Chorus at Franklin Court	26 9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Music	27 9:30am...Senior Strength 10:30am...Blood Pressure 12:30pm...Journey with Sally 1:00pm...Bingo 1:00pm...Beading for Everyone	28 8:30am...Shopping 9:00am...Benefit Rep 10:00am...Scrabble Club 1:00pm...Yoga
31 9:30am...Chair Yoga 10:00am...Computer Class 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge				

March 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 Tomato Soup Chicken Leg Quarter Rice Pilaf Wax Beans with pimentos Pudding (<i>Corned Beef & Swiss on Pump</i>)</p>	<p>4 Chicken Soup Roast Turkey w/Gravy Butternut Squash Peas & Onions Ice Cream Sandwich (<i>Ham & Swiss on Marble</i>)</p>	<p>5 Lentil Soup Baked Fish Oven Roasted Potatoes Cole Slaw Fresh Fruit Cup (<i>Egg Salad on Wheat</i>)</p>	<p>6 Beef Barley Soup Veal Patty Seasoned Pasta Roasted Tomato Half Fresh Fruit (<i>Chicken Salad on Multi</i>)</p>	<p>7 Italian Wedding Soup Chef Salad Frosted Brownie Rye Bread (<i>Seafood Salad on Rye Bread</i>)</p>
<p>10 Cream of Broccoli Soup Salisbury Steak with Gravy Lyonnais Potatoes Brussels Sprouts Diced Pears (<i>Turkey Salad on Wheat</i>)</p>	<p>11 Onion Soup with Croutons Stuffed Cabbage O'Brien Potatoes Winter Blend Vegetables Coffee Cake (<i>Grilled Chicken on Rye</i>)</p>	<p>12 Chicken Soup Chicken Cordon Bleu Wild Rice Asparagus Fresh Fruit (<i>Meatloaf & Cheese on Roll</i>)</p>	<p>13 Venus DeMilo Soup French Meat Pie Potato Log Mixed Vegetables Chocolate Chip Cookies (<i>Ham Salad on a Roll</i>)</p>	<p>14 Clear Chowder Tuna Salad Baked Chips Tossed Salad w/Dressing Sliced Peaches (<i>Turkey & Cheese on Roll</i>)</p>
<p>17St. Split Pea Soup Corned Beef with Mustard Seasoned Boiled Potatoes Cabbage & Carrot Mix Lime Jell-O w/Topping (<i>Tuna on Rye</i>)</p>	<p>18 Chicken Noodle Soup American Chop Suey Elbow Pasta Tomato & Cucumber Salad Chocolate Pudding (<i>Pastrami & Cheese on Multi</i>)</p>	<p>19 St. Joseph's Day Pasta Fagioli Italian Sausage on a Roll Peppers & Onions Shells w/Sauce (<i>Chicken Salad on a Roll</i>)</p>	<p>20 Turkey Rice Soup Chicken Marsala Mashed Potatoes Broccoli Cuts Frosted Cupcake (<i>Bologna & Cheese on Roll</i>)</p>	<p>21 White Chowder Vegetable Lasagna Seasoned Baby Carrots Tapioca Pudding (<i>Italian Tuna on a Roll</i>)</p>
<p>24 Chicken Soup Low Sodium Hot Dog BBQ Beans Cole Slaw Apricot Half (<i>Hamburger on Roll</i>)</p>	<p>25 Tomato Rice Soup Chicken Cutlet with Gravy Pasta Normandy Blend Vegetables Ice Cream (<i>Turkey & Swiss on Italian</i>)</p>	<p>26 Tossed Salad Beef Stew Oven Roasted Potatoes Green Beans Angel Food Cake (<i>Eggplant Parmesan on Roll</i>)</p>	<p>27 Potato & Leek Soup Pork Chop with Gravy Corn Bread Stuffing Vegetable Blend Lemon Pudding (<i>Egg Salad on Multi Grain</i>)</p>	<p>28 Butternut Squash Soup Florentine Fish Red Bliss Mashed Potatoes Capri Blend Vegetables Fresh Fruit (<i>Roast Beef on Wheat</i>)</p>
<p>31 OJ Ham & Cheese Quiche Home Fries w/Ketchup Yogurt</p> <p>Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs</p> <h1>MARCH 2014</h1>				

RECIPE CORNER

Linguine with White Clam Sauce

1 (10-ounce) can whole baby clams, undrained
2 tablespoons light butter
1 tablespoon olive oil
3 garlic cloves, minced
1 tablespoon all-purpose flour
½ cup dry white wine
2 tablespoons chopped fresh parsley
1 teaspoon chopped fresh or ¼ teaspoon dried thyme
⅛ teaspoon pepper
1 (6½-ounce) can minced clams, drained
4 cups hot cooked linguine (about 8 ounces uncooked pasta)
Thyme sprigs (optional)



Drain baby clams in a sieve over a bowl, reserving juice. Heat butter and olive oil in a medium saucepan over medium heat. Add garlic and sauté 1 minute. Stir in flour. Stir in reserved clam juice, wine, and next 3 ingredients: cook 2 minutes, stirring frequently. Add baby clams and minced clams; cook 3 minutes or until thoroughly heated. Serve clam sauce over pasta. Garnish with thyme sprigs, if desired.

Yield: 4 servings (serving size: 1 cup pasta and about ½ cup sauce).

CALORIES 328 (23% from fat); FAT 8.5g (sat 2.9g, mono 3.7g, poly 1g); PROTEIN 18.9g; CARB 44.9g; FIBER 2.4g; CHOL 53mg; IRON 19.7mg; SODIUM 265mg; CALC 75mg

Source: Cooking Smart

TOWN OF BARRINGTON

Senior Center

281 County Road

Barrington, Rhode Island 02806

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