

BARRINGTON SENIOR CENTER

Nationally Accredited
Come Learn Something New!



BARRINGTON SENIOR CENTER
281 COUNTY ROAD

MAY 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

SENIOR CENTER CLOSED MAY 26TH FOR MEMORIAL DAY

MOTHER'S DAY CELEBRATION

Monday, May 12th
1:00 pm - 3:00pm

The **Red Suspenders Band** will be at the Center to help us celebrate Mother's Day and to entertain us. Come and enjoy these wonderful and popular performers and also join your friends for a delicious lunch. Please call the Center no later than noon the day before at 247-1926 to reserve. Come and enjoy!

TAI CHI BEGINS AGAIN

Friday, May 2nd at 9:30am

If you are looking for a good way to reduce stress, consider Tai Chi! Tai Chi is sometimes described as "meditation in motion" because it promotes serenity through gentle movements - connecting mind and body and helping reduce the stress of today's busy lifestyles and improve health. Come try it - it's free and enjoyable for everyone.

FLOWERS FOR EVERYONE

Friday, May 30th at 1:00pm
Cost: \$15.00

BOUNTY IN BUCKETS

Who would ever imagine that an ordinary bucket would make an extraordinary foundation for a floral arrangement? Please join us in a study of contrasts as we combine fresh summer flowers with antique-tone pails. Each participant will receive an assortment of colorful blooms and a patina-rich container. Bountiful results are guaranteed. Sign up today!

TECH TUESDAY

Tuesdays, May 13th and May 27
3:00pm - 4:00pm

Computer Assistance - new at the Senior Center! Beginning May 13th, students from MTTI Technical School will be here every other Tuesday afternoon to help you with any computer issues you may have. Come bring you questions regarding your PC or MAC! Please call the Center with any questions at 247-1926.

LONG TERM CARE

Tuesday, May 6th at 10:45am

Ignoring the risk will not make it go away! Who will pay for your long term care? Ellen Woods, a licensed insurance agent, will be at the Center to present helpful information on how you can protect your hard earned retirement savings from the very real risk of long term care. Join us to learn about solutions to plan for the cost of long term care. Please let us know if you plan to attend at 247-1926.

RIPTA

Friday, May 2nd

11:30am - 2:00pm

Do you need to renew your bus pass or get a new pass? RIPTA will be here at the Senior Center to assist you. The cost for a pass is \$25.00, valid for five years. CASH ONLY, please.

HEALTHY COOKING

Tuesday, May 13th at 10:45am

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!

CHAIR MASSAGE

Friday, May 2nd at 12:00pm

Every first Friday of the month 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.

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)

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.

June 11, 2014 (Wednesday) - "*Anything Goes*" at the North Shore Musical Theatre. Your tour begins with a delicious luncheon at the Danversport Yacht Club. Then you'll travel to the Theatre to enjoy a shining example of classical musical theater by Cole Porter with amazing tap numbers, campy jokes and a happy ending. Leave at 9:30am from the rear of Barrington Town Hall and return at 5:30pm.

Cost: \$89.00. Final payment due on May 29th.

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.

Cost: \$81.00. Final payment due on June 27th.

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 of Chowder, Lobster, Ribs and Chicken. Then sit back and enjoy the Log Cabin's "*Walking after Midnight*" tribute to Patsy Cline with Janice Dee, who will entertain you with many of Patsy's famous songs like "*Crazy,*" "*Sweet Dreams,*" and "*I Fall to Pieces.*" Leave from the rear of Barrington Town Hall at 8:00am and return home about 5:30pm.

Cost: 74.00. Final payment due on August 7th.

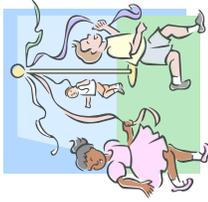
MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



MAY 2014

<p>9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Alzheimer's Support 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>9:30am...Senior Strength 9:30am...Painting 10:45am...Long Term Care 12:30pm...Painting 1:00pm...Chorus</p>	<p>9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Music</p>	<p>9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Beading for Everyone</p>	<p>8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 11:30am...RIPTA 12:00pm...Chair Massage 1:00pm...Yoga</p>
<p>9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Red Suspenders 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>9:30am...Senior Strength 9:30am...Painting 10:00am...Current Events 10:45am...Healthy Cooking 12:30pm...Painting 2:00pm...Chorus at Silver Creek 3:00pm...Tech Tuesday</p>	<p>9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:00pm...Dance Music</p>	<p>9:30am...Senior Strength 10:45am...Health Screening 1:00pm...Bingo 1:00pm...Beading for Everyone</p>	<p>8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 10:30am...Wright's Farm 1:00pm...Yoga</p>
<p>9:30am...Chair Yoga 12:30pm...Ladies' Bridge 1:00pm...Mah Jongg 6:45pm...Duplicate Bridge</p>	<p>9:30am...Senior Strength 9:30am...Painting 12:30pm...Painting 2:00pm...Chorus at St. Elizabeth Manor</p>	<p>9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:30pm...Dance Music</p>	<p>9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Beading for Everyone</p>	<p>8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga</p>
<p>CLOSED FOR MEMORIAL DAY</p>	<p>9:30am...Senior Strength 9:30am...Painting 10:00am...Current Events 12:30pm...Painting 1:00pm...Chorus 3:00pm...Tech Tuesday</p>	<p>9:30am...Cribbage 9:30am...Chair Yoga 10:00am...Knitting 10:30am...Mindful Breathing 12:30pm...Men's Bridge 1:30pm...Dance Music</p>	<p>9:30am...Senior Strength 10:30am...Blood Pressure 1:00pm...Bingo 1:00pm...Beading for Everyone</p>	<p>8:30am...Shopping 9:00am...Benefit Rep 9:30am...Tai Chi 10:00am...Scrabble Club 1:00pm...Yoga</p>

MAY 2014

*Funded in part by the US
administration on aging and state
funds by the Rhode Island De-
partment of Elderly Affairs.*

		THURSDAY	FRIDAY	
<p>5 Black Bean Soup Spanish Style Pork Seasoned Rice Vegetable Mexican Mix Tapioca Pudding <i>(Chicken Salad on Multi Grain)</i></p> <p>12 Chicken Rice Soup Sliced BBQ Beef Cole Slaw Cut Corn Ice Cream Sandwich <i>(Pastrami & Cheese on 9 Grain)</i></p> <p>19 Low Sodium V-8 Juice Low Sodium Hot Dog on Roll Sun Chips Baked Beans Lorna Doone Cookies <i>(Italian Chicken Salad on Roll)</i></p> <p>26 CLOSED for MEMORIAL DAY</p>	<p>6 Tomato Soup Breaded Veal with Gravy Seasoned Tortellini Capri Blend Vegetable Fresh Fruit <i>(Italian Tuna on Marble)</i></p> <p>13 Vegetable Chowder Meatball Sub with Provolone 3-Bean Salad Italian Ice <i>(Italian Grinder)</i></p> <p>20 Italian Wedding Soup Burger with Mushroom Gravy Normandy Blend Vegetable Mashed Sweet Potatoes Sliced Pears <i>(Tuna on Pumpnickel)</i></p> <p>27 Lentil Soup Airline Chicken Seasoned Cut Potatoes King Edward Vegetables Coffee Cake <i>(Capicola & Cheese on White)</i></p>	<p>7 Chicken Noodle Soup Turkey Cutlet with Gravy Lyonnaise Potato Mixed Vegetables Peanut Butter Cookies <i>(Ham & Swiss on Rye)</i></p> <p>14 Broccoli & Cheddar Soup Pork Loins with Gravy Fresh Zucchini Rice Pilaf <i>Fresh Fruit</i> <i>(Buffalo Chicken on Sourdough)</i></p> <p>21 Potato & Leek Soup Veal Sausage Peppers & Onions Pesto Ziti Spumoni <i>(Sliced Chicken & Swiss on Roll)</i></p> <p>28 Navy Bean Soup Chef Salad Sliced Italian Bread Mandarin Oranges <i>(Shrimp Salad on Roll)</i></p>	<p>1 OJ Scrambled Eggs Baked Virginia Ham Crispy Home Fries Fruited Yogurt</p> <p>8 Minestrone Soup Beef Knockwurst O'Brien Potato Sliced Carrots Pineapple Chunks <i>(Seafood Salad on Wheat)</i></p> <p>15 Chicken Escarole Soup French Meat Pie Seasoned Broccoli Cuts Tossed Salad Frosted Brownie <i>(Turkey & Cheese on Wheat)</i></p> <p>22 Egg Drop Soup Orange Chicken Vegetable Egg Roll Asian Brown Rice Fresh Fruit <i>(Meatloaf on Wheat)</i></p> <p>29 Beef Vegetable Soup Meat Lasagna Brussels Sprouts Vanilla Pudding <i>(Seafood Salad on Roll)</i></p>	<p>2 Pasta Fagioli Soup Chicken Pot Pie Green Beans Pudding <i>(Egg Salad on White)</i></p> <p>9 Red Chowder Stuffed Chicken with Gravy Red Bliss Mashed Potatoes Fresh Vegetable Blend Peach Shortcake <i>(Tuna Salad on Roll)</i></p> <p>16 Clear Chowder Stuffed Sole Spinach with Garlic Seasoned Pasta Lemon Pudding <i>(Ham Salad on Rye)</i></p> <p>23 Chicken Soup Pot Roast with Gravy Mashed Potato Mixed Vegetables Chocolate Chip Cookies <i>(Eggplant Parmesan on Roll)</i></p> <p>30 Seafood Chowder Tuna Salad Tossed Salad Baked Chips Ice Cream <i>(Turkey Salad on Wheat)</i></p>

RECIPE CORNER

Mocha Mudslide

Refuel with this creamy shake that's loaded with the potassium you need after a workout.

- 1 cup fat-free milk
- $\frac{2}{3}$ cup sliced ripe banana
- 2 tablespoon sugar
- 1 teaspoon instant coffee granules
- $\frac{1}{4}$ cup vanilla low-fat yogurt
- Banana slices (optional)



1. Place first 4 ingredients in a blender; cover and process until smooth. Place blender container in freezer; freeze 1 hour or until slightly frozen. Loosen frozen mixture from sides of blender container and add yogurt. Cover and process until smooth; garnish with sliced banana, if desired. Serve immediately. Yield: 2 servings (serving size: 1 cup).

Note: For a chocolate-flavored shake, use reduced-fat chocolate milk instead of plain fat-free milk, and reduce sugar to 1 tablespoon.

CALORIES: 164 (4% from fat); FAT 0.8g (sat 0.5g, mono 0.2g, poly 0.1g); PROTEIN 6.2g; CARB 34.4g FIBER 1.5g; CHOL 4mg; IRON 0.3mg; SODIUM 83mg; CALC 204mg

Source: Cooking Light, 1998

TOWN OF BARRINGTON

Senior Center

281 County Road

Barrington, Rhode Island 02806

Presorted

STD

U.S. POSTAGE

PAID

Barrington, R.I.