



Flagtown Flyer

"Senior News With A Variety To Choose"

4 GODDARD DRIVE • AUBURN, MA 01501

PHONE: 508-832-7799 • FAX: 508-832-7730

Hours: Mondays & Fridays 8am - 3pm

Tues., Wed. & Thurs. 8am - 4pm

VOLUME 23 ISSUE 5

May 2022

Color Me Stress Free



Mary Anderson, Mary A. Urban, Valerie Brzozowski, Jessie Harrington *Coordinator*, Shirley Hebert and Laurie McGarry

This is NOT your Grandchild's art class!

Every Monday at 10:30am, a lovely and talkative group of individuals gather in the Green Room. They arrive with their tote bags bursting at the seams with colorful creations, fancy adult coloring books, and designer colored pencils. Some carry their favorite pencil sharpeners (yes the type of sharpener matters), and some have clipboards on hand just in case the table available to color on has a texture that could mess with their creation. But most importantly, they arrive with smiles on their faces and a plethora of stories to tell.

Zany Fun Group

This zany fun group is the Senior Center Coloring Club. The club began 7 years ago with 3 members, who still attend to this day. The group has grown to 7 regular members, and sometimes a few drop-ins send the number of attendees to 10 or 11. Jessie Harrington started this group because of her own love of adult coloring. She found adult coloring to be a fun, stress-free activity, and felt sharing this love with others could possi-

bly turn into something really special. One of the original members, Mary Urban said, "Coloring club is just relaxing. We get to talk a lot and we solve many of the worlds' problems. There are lots of laughs and, some days, minimal coloring!" Jessie Harrington added, "After

7 years, the group is going strong. It's become a family and we look out for one another. I have made some wonderful new life-long friends from this club. It's been truly enriching."

Everyone is welcome and adding new people to the mix adds new ideas, new artistic techniques, and most of all, new stories. You don't need artistic ability or supplies to join. Coloring books and pencils are provided, and this group is FREE OF CHARGE.





Full Service Subacute and Short Term Rehabilitation Center Offering Physical Therapy, Occupational Therapy, and Speech Therapy.

Our Pre-Admission Planning Program invites you to meet with us prior to your surgical procedure and join us in planning your post-surgical rehabilitation program.

Long Term Care services emphasize a home-like environment where on-going assessment and personalized plan of care help the resident reach the highest level of functioning.

CALL US TODAY **508-832-4800**

14 MASONIC CIRCLE, AUBURN, MA 01501



proud to
SUPPORT
The Lorraine Gleick Nordgren Senior Center



RELIANT
MEDICAL GROUP
Part of OptumCare®

BROOKDALE

Once you're here, you're home.

Come discover the many comforts of our caring community. When you join our family, you can feel secure knowing that we're here for you every step of the way. Whatever the future holds, our communities are designed to care for your needs, through all the stages of life.

For more information, contact
508-832-2200.

Eddy Pond East and West
Assisted Living
Alzheimer's & Dementia Care
667/669 Washington Street
Auburn, MA
(508) 832-2200



brookdale.com

The speech clarity you need. The hearing aid features you want.

New Insignia Charge&Go AX hearing aids with Augmented Focus™ technology offer a custom fit just for your ears plus the freedom of rechargeability. All with the brilliant sound for which Signia is famous. 100% of participants in a recent study reported excellent speech understanding in their home environment.



- Improved Speech in Noise
- iPhone & Android Connectivity
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- Budget Friendly Options

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MS, Clinical Audiologist
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www.heidishearing.com



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Personal Care • Meal Preparation
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www.goldenrule.care



Senior Spark Program

- Guided Cannabis and CBD Solutions
- Special member benefits
- Hosted shopping days
- Medical Card guidance



Medical Delivery

- Get it right to your door
- Valid MA Medical Card required



Contact us!
(508) 476-6290

1191 Millbury St,
Worcester, MA 01607



May 2022

Do you need Transportation?
Please call the WRTA 508-752-9283



Monday

2 10:00 SENIOR SWEAT
10:00 **Knit & Stitch**
10:00 Walking Club-Lemansky Track
10:30 Coloring for ADULTS
11:00 **YOGA**
12:00 Lunch
12:45 Movie—**PATCH ADAMS**
12:45 Canasta

Tuesday

3 10:00 **Chair Dancing**
12:00 Lunch
1:00 Let's Move Together
1:00 Whist
6:30 Pitch —**Cancelled**

Wednesday

4 9:30 **Knit & Stitch**
10:00 **Strength & Balance**
10:00 Walking Club-Lemansky Track
11:00 Drop in tech
11:00 **Sen. Moore's Office Hour**
12:00 Lunch
1:00 **SAVVY CARE GIVER class**
1:00 Pitch
6:00 Cribbage

Thursday

5 10:00 **Chair Dancing**
12:00 Lunch
12:45 **Bingo**
1:00 I-Pad

Friday

6 9:30 **Amer. Sign Language Class**
9:30 **BLOOD PRESSURE CLINIC**
10:00 **Strength & Balance**
11:00 **Meditation**
12:00 Lunch
12:00 **Quilting**
12:45 **Dominos**
6:30 Pitch

9 10:00 SENIOR SWEAT
10:00 **Knit & Stitch**
10:00 Walking Club-Lemansky Track
10:30 Coloring for ADULTS
11:00 **YOGA**
12:00 Lunch
12:45 Movie—**LET HIM GO**
12:45 Canasta

10 10:00 **Chair Dancing**
12:00 Lunch
1:00 Let's Move Together
1:00 Whist
6:30 Pitch —**Cancelled**

11 9:30 **Knit & Stitch**
10:00 **Strength & Balance**
10:00 Walking Club-Lemansky Track
11:00 Drop in tech
12:00 Lunch
1:00 **SAVVY CAREGIVER class**
1:00 Pitch
6:00 Cribbage

12 9:30 **Dental Presentation**
10:00 **Chair Dancing**
11:00 AAA—**real ID**
12:00 Lunch
12:45 **Bingo**
1:00 I-Pad

13 9:30 **Amer. Sign Language Class**
10:00 **Strength & Balance**
10:00 **Red Hats**
11:00 **Meditation**
12:00 Lunch
12:00 **Quilting**
12:45 **Dominos**
6:30 Pitch

16 10:00 SENIOR SWEAT
10:00 **Knit & Stitch**
10:00 Walking Club-Lemansky Track
10:30 Coloring for ADULTS
11:00 **YOGA**
12:45 Movie—*The Secret: Dare to Dream*
12:45 Canasta

17 10:00 **Chair Dancing**
12:00 Lunch
1:00 **PAINTING CLASS—STAR**
1:00 Let's Move Together
1:00 Whist
6:30 Pitch —**Cancelled**

18 9:30 **Knit & Stitch**
10:00 **Strength & Balance**
10:00 Walking Club-Lemansky Track
11:00 Drop in tech
12:00 Lunch
1:00 **SAVVY CAREGIVER class**
1:00 Pitch 6:00 Cribbage

19 10:00 **Chair Dancing**
12:00 Lunch
12:45 **Bingo**
1:00 I-Pad

20 9:30 **Amer. Sign Language Class**
10:00 **Strength & Balance**
11:00 **Meditation**
12:00 Lunch
12:00 **Quilting**
12:45 **Dominos**
6:30 Pitch

23 10:00 SENIOR SWEAT
10:00 **Knit & Stitch**
10:00 Walking Club-Lemansky Track
10:30 Coloring for ADULTS
11:00 **YOGA**
12:00 Lunch
12:45 **TOMMY RULL & Canasta**

24 10:00 **Chair Dancing**
12:00 Lunch
1:00 Let's Move Together
1:00 "SLEEP" —Dr. Clermont
1:00 Whist
6:30 Pitch —**Cancelled**

25 9:30 **Knit & Stitch**
10:00 **Strength & Balance**
10:00 Walking Club-Lemansky Track
11:00 Drop in tech
12:00 Lunch
1:00 **SAVVY CAREGIVER class**
1:00 Pitch 6:00 Cribbage

26 10:00 **Chair Dancing**
10:30 **Superstitutions**—Sari Bitticks
12:00 Lunch
12:45 **Bingo**
1:00 I-Pad

27 9:30 **Amer. Sign Language Class**
10:00 **Strength & Balance**
11:00 **Meditation**
12:00 Lunch
12:00 **Quilting**
12:45 **Dominos**
6:30 Pitch

30 
Senior Center
Closed

31 10:00 **Chair Dancing**
12:00 Lunch
1:00 Whist
1:00 Let's Move Together
1:00 Whist
6:30 Pitch —**Cancelled**



Mondays at The MOVIES

If you have
a Movie
suggestion
let us
know!

Movies begin at **12:45** pm on our **BIG Screen**



May 2— **PATCH ADAMS**

After spending time in a mental institution, Hunter "Patch" Adams decides to become a doctor, based on his lighthearted hypothesis that introducing patients to humor will significantly improve their quality of life.
1998 **PG-13** 1h 56m

May 9— **LET HIM GO**

Following the loss of their son, retired sheriff George Blackledge and his wife Margaret leave their Montana ranch to rescue their young grandson from a dangerous family living off the grid. They soon discover that the Webo family has no intention of letting the child go.
2020 **R** 1h 54m



May 16— **The Secret: DARE TO DREAM**

Miranda is a young widow trying to make ends meet while raising her three children and dating her boyfriend. A devastating storm brings an enormous challenge and a mysterious man, Bray, into Miranda's life. Bray reignites the family's spirit but, unbeknownst to Miranda, also holds an important secret — one that will change everything.
2020 **PG** 1h 45m *All movie information from Netflix.com*

Tommy Rull
Singer & Entertainer
will be performing at the Auburn Senior Center
Monday, May 23rd 12:45pm

Tommy will offer the music of Frank Sinatra, Barry Manilow, Neil Diamond, Barry White, Lionel Ritchie, Louis Armstrong, Cole Porter, Paul Anka and more. Singing some of the songs of so many great artists.

PLEASE CALL 508-832-7799 IF YOU WOULD LIKE LUNCH.
(Donation per person for LUNCH: \$2.50)

This program is supported in part by a grant from the Auburn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

Please call 508-832-7799 to reserve your spot.

NOTICE

All programs are held at the Auburn Senior Center, unless otherwise noted.

Blood Pressure Clinic



Blood Pressure Clinic is offered the first Friday of each month 9:30-10:30am—No Charge
First come, first served.

This service is provided by our local Auburn Visiting Nurses and includes checking your blood pressure, your pulse and weight.

SHINE

If you have a health insurance question or need an appointment, contact the Senior Center at **508-832-7799**

Senator Michael Moore's Office Hour

Senator Michael Moore's representative will hold office hours at the Auburn Senior Center

Wed. May 4th from 11:00am — 12:00pm

SENIOR CENTER STAFF

Executive Director: Jean Boulette
Outreach Coordinator: Usha Verma
Program Coordinator: Kristen Pappas
Van Drivers: Robert Gaulin, Angelo Lambiras, Jimmy Phillips

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Editor: Robert Breault
Proofreaders: Jean Boulette, Terry Bradley

SHINE

SHINE Counselor: Patrick Morris

ELDER SERVICES of WORCESTER

Nutrition Site Manager: Judy Gonroff
Substitute Site Manager: Richard Dumphy

Nutrition Volunteers: Terry Bradley, Dot Gargolinski, Irene Coderre, Denise Boucher, Rich Dumphy, Pat Fauvel, Bev Geddes, Judy Keller, Don Keller, Helen Ingraham, Barbara Powers, Delores Sciamacco, Gloria Whorton, Carol Zukowsky

Meals-On-Wheels Drivers: Susan Black, Bill Butkus, Sue Butkus, Pat Champagne, Diane Dion, George Fournier, Mary Ellen Fournier, Bev Geddes, Geri Hallas, Ginny Jenkins, Tom Jenkins, Judy Keller, Donald Keller, Bruce Kuchnicki, Barbara McManus, Ed McManus, Paul Pellegrino, Evie Pless, Steve Pflug, David Pierce, Marilyn Pierce, Ron Pierce, Peter Rielly, Anne Spellane,

F.A.S.C.A.

Friends of the Auburn Senior Center Assoc.

President: Terry Moriarty
Vice-President: Gloria Whorton
Secretary / Membership: Joyce DiPasquale
Treasurer: Pam Martin
Asst. Treasurer: Bev Geddes
Memorial Fund Coordinators: Bev Geddes & Pam Martin
Trip Coordinator: Lynne Guittar
Trip Co-Coordinator: Rich Hedin

Board Members: Richard Dumphy, George Fournier, Maureen Kuchnicki, Delores Sciamacco, Geri Hallas, Linda Moulin, Alison Merriam

ON GOING ACTIVITIES

Canasta



Only \$2

Every Monday
12:45pm

Adult Coloring Club

Join Jessie Harrington
for a relaxing hobby.

Every Monday
10:30am — No Charge



Cribbage



Every Wed.—6:00pm

Would you like to join the
Auburn Senior Center's
WALKING CLUB?



We meet Every Mon. & Wed. at
10:00am at Lemansky Tract
400 Oxford St. North

Dominos



Fridays at 12:45pm

FITNESS CLASSES are paid from a grant through Executive Office of Elder Affairs (EOEA). Participants are urged by EOEA to make a donation. Donations are used to replace equipment, and used for supplies and expenses for equipment.

NEW Class

Lets Move Together

with **Angie Lavache** Certified trainer/fitness instructor

Every Tues. 1:00pm – 1:45pm \$3.00 class donation

Strength & Cardio activities to improve your health & fitness.

Strength & Balance

with **Lin Hultgren** Ace certified fitness instructor

Every Wed. & Fri. 10:00am – \$3.00 class donation

Strengthen & tone your body while improving your mobility.

YOGA Mondays 11:00am

with **Ann Ramsey**, certified instructor, E-RYT 500 level

Every Monday 11:00am – \$3.00 class donation

Increase flexibility & improve joint health
& mental clarity.

CHAIR Dancing

with **Forty Arroyo**, instructor

Every Tuesday & Thursday 10:00am– \$3.00 class donation

Join us for Fun, Energizing & Social activity.

WEEKLY TECH CLINIC

with **Scott Baeder & Paul Holzwarth** – No Charge

Every Wednesday 11:00am –12:00pm

If you're having trouble with email or any questions we will work with you to solve the issue or make it work better.

iPAD Club

How do you use your iPad?

Every Thursday at 1:00pm - No Charge

Join us as we investigate the world of iPad apps.

MEDITATION CLASS

with **Usha Verma** – No Charge

Every Friday at 11:00am

Meditation creates positive effects on our health, well-being, sleep problems, chronic pain, anxiety & depression.

Blood Pressure Clinic

with **Auburn Visiting Nurses** - No Charge

Every 1st Friday of the month 9:30 -10:30am

Includes checking your blood pressure, pulse & weight.

QUILTING—No Charge

Every Friday at 12:00 noon

No experience necessary, we adapt to whatever skill levels students bring to class. Ideas for projects welcomed.

WHIST



Only \$2

Every Tuesday
1:00pm

Senior Sweat

with **Dr. Harvey Clermont**

Mondays at 10:00am

This class emphasizes balance, stretching and strengthening. We will deal with posture, coordination and essential muscle groups, such as upper chest, core and buttocks. Most of the time, we will be in a chair or use a chair for safety.

Bring a water bottle.

\$3.00 class donation



Every Thursday
12:45pm



PITCH

Wed. 1:00pm

Fri. 6:30pm

Free Tech Clinic

with Scott Baeder & Paul Holzwarth



If you have problems with "new fangled" technology - it might be a tablet, a laptop or even a smart phone.



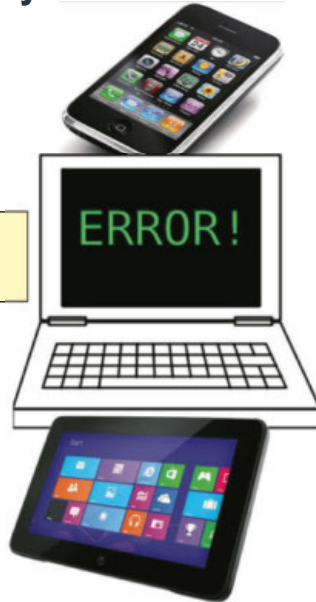
Don't worry - we've got you covered.

We can help you pick out the right Tech for the job, or help you make sense of it all. From simple issues with your phone to concerns over "cyber "security; from Charter to Windows to iPads and more.

We're here every **Wednesday morning, from 11:00am – Noon**

Also, feel free to let us know if you could use some extra help, just want to learn how to do something (like save an email picture), or have any other topic you would like to see covered.

"We'll always do our best to help you make technology behave."



Make your own fresh...

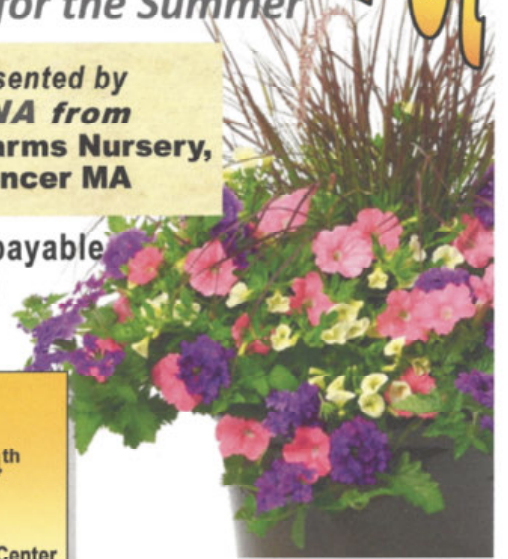
Flower Porch Pot

for the Summer

Presented by
TINA from Bemis Farms Nursery, Spencer MA

Cost is \$25.00 payable upon sign up:
508-832-7799

Day: Tuesday
Date: June 14th
Time: 1:00pm
Class at the Senior Center
RSVP 508-832-7799
If you plan to attend



Pre-registration is required
8 people necessary for the class to run

JOIN US FOR THE
SHERIFF'S ANNUAL SENIOR PICNIC
FREE DRIVE-THRU SPECTACULAR
FREE CAR WASH TOO!

SATURDAY 11:00 AM START
JUNE 4, 2022 1:00 PM ENDS
SAC Park 438 Lake St, Shrewsbury, MA 01545

BBQ MEAL • ICE CREAM SUNDAES
TONS OF GIVE AWAYS
RAFFLE BONANZA

ABSOLUTELY MUST REGISTER BY MAY 11TH TO ATTEND!

DOSTIGUY@WORCESTERCOUNTYSHERIFF.ORG - 508-796-0344
IMILLER@WORCESTERCOUNTYSHERIFF.ORG - 508-796-2638
Sorry, No Extra Bags to Go. Must Be Present To Participate.

Sponsored by: Worcester County Reserve Deputy Sheriff's Association

Superstitions

This talk will cover a wide range of superstitions, some of them funny, and some quite a bit spooky.



SARI BITTICKS
President

Join us on
Thurs. May 26th 10:30am
Auburn Senior Center

You know about stepping on a crack being dangerous to your mother, but did you know stepping over a baby will cause it to be short when it grows up?

Please Register by Calling 508-832-7799

Understanding the REAL ID

Hosted by **AAA** Northeast

Thursday May 12, 2022

11:00am-12:30pm

drop in anytime during those hours

Have you upgraded your license or ID Card?

The federally compliant License/ID Card (REAL ID) will go into effect May 23, 2023.

AAA Northeast of Auburn will be available at the Senior Center from 11:00AM-12:30 PM on Thursday May 12th.

We will answer questions and help you understand the process and required documentation of the REAL ID.

Why Sleep Matters



Why do we sleep?

How much sleep do you need?

What are the STAGES of Sleep?
What are the best sleep inducers?

What is a "Sleep Study?"

What is insomnia?

Are naps good for you?



Presented by
Dr. Harvey Clermont

Day: Tuesday

Date: May 24th

Time: 1:00pm

RSVP 508-832-7799
If you plan to attend

The Savvy Caregiver Program is a six-session training for family and friends who are active caregivers, caring for those living with Alzheimer's or related dementias!

The Savvy Caregiver Program

Brought to you by Elder Services of Worcester Area, Inc.

Wednesdays, April 20—May 25, 2022

1:00—3:00pm

Auburn Senior Center

4 Goddard Drive, Auburn MA 01501

Free
of charge

Taking care of a person living with Alzheimer's or related dementia is specialized work. To do this work successfully, caregivers need special skills, knowledge, and a positive attitude that helps them to care for themselves.



Become an expert in Caregiving for someone with Alzheimer's or related dementias!

Savvy Caregiver will help you:

- Understand the impact of dementia on both you and the person you are caring for.
- Learn the skills you need to manage daily life.
- Take control and set goals.
- Communicate more effectively.
- Strengthen family resources.
- Feel better about your caregiving.
- Take care of you!

For more information or to register please call

Deb Dowd-Foley 508-756-1545 ext. 390

or by email ddfoley@eswa.org



Tommy Rull

Singer & Entertainer
will be performing at the
Auburn Senior Center

**Monday,
May 23rd
12:45pm**

Tommy will offer the music of Frank Sinatra, Barry Manilow, Neil Diamond, Barry White, Lionel Ritchie, Louis Armstrong, Cole Porter, Paul Anka and more. Singing some of the songs of so many great artists.

PLEASE CALL 508-832-7799 IF YOU WOULD LIKE LUNCH.
(Donation per person for LUNCH: \$2.50)

"This program is supported in part by a grant from the Auburn Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."



Please call 508-832-7799
to reserve your spot.

"Lets Move Together" is Exercise Fitness...
 All movements have modifications which makes this class inclusive to all fitness levels.

NEW Class
Let's Move Together



Angie Lavache
 Skilled certified personal trainer/fitness instructor with 11 years experience. She is highly motivated and enjoys inspiring others in health and fitness.

Come Move with Angie to upbeat music and get a healthy mix of strength and cardio activities to improve you overall health and fitness.

Tuesdays
1:00-1:45pm
starting MAY 3
First class FREE
then \$3.00 donation

NO EXPERIENCE NECESSARY....
just a willingness to have fun.
 10 minute warm-up
 25 minute Strength & Cardio mix
 10 minute cool down
 regular sneakers –
please no slip-ons!

\$10 Fee payable upon sign up

Paint A STAR



Art instructor
JAYNE SARKISIAN

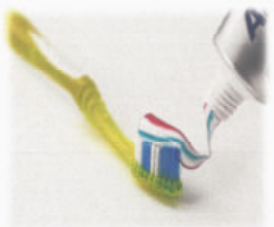
Tuesday
May 17th
1:00-3:00pm

Paint a wood plaque with a STAR for Memorial Day.

Limit of 15 participants – Register by calling 508-832-7799

\$10.00 fee payable upon sign up, non-refundable

Oral Healthcare



The Bay Path Regional Vocational Technical High School senior dental assisting students, will be addressing the Auburn Seniors on oral health-

care including, when to visit the dentist, general oral healthcare, oral prosthetic care, Xerostomia, and X-rays.

Day: Thursday
Date: May 12th
Time: 9:30am
Where: Auburn Senior Center
Please call 508-832-7799 to Register



Chair Dancing
Fun & Energizing



CHAIR DANCING encourages health and fitness for active people or those whose physical condition, restricted mobility, or age, limits their participation in conventional forms of exercise.

Tuesdays and Thursdays
10:00am
Class \$3 Donation

Chair Dancing is a fun, energizing and social activity suited for all ages – it's dancing with your soul...

12 Person Limit

Join US!



Strengthening to Prevent Falls Class (No CHARGE)

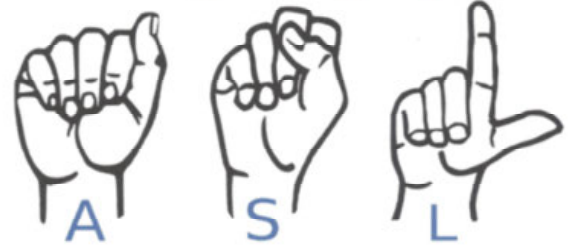


Join the trained physical therapists of Remedy Physical Therapy for a class focused on strengthening exercises of the upper & lower body and core to prevent falls.

Classes are held at the Auburn Senior Center

(You must pre-register as classes run in a series)
Call 508-832-7799
Weds. June 8, 15, 22, 29
11am—12 noon

American Sign Language (ASL)



Are you interested in learning ASL and finger spelling?

ASL is a complete, natural language that has the same linguistic properties as spoken languages with grammar that differs from English. ASL is expressed by movements of the hands and face.

It is the primary language of many North Americans who are deaf and hard of hearing, and is used by many hearing people as well. You will learn the alphabet, basic signs and phrases.



The class is taught by Laurie McGarry.

Please join us.
Fridays at 9:30am
No Charge

P	B	F	L	O	W	E	R	C	I	C	M	S	U
E	O	A	A	R	E	F	E	A	A	A	L	E	L
A	U	F	D	A	M	G	R	T	A	L	I	M	B
C	Q	I	Y	I	M	V	Y	E	S	I	H	O	L
E	U	W	B	N	A	A	G	R	S	L	H	T	O
F	E	A	U	B	Y	L	E	P	D	H	A	H	S
U	T	R	G	O	E	L	M	I	E	R	T	E	S
L	L	M	L	W	C	E	I	L	E	I	C	R	O
B	R	I	G	H	T	Y	N	L	S	R	H	R	M
P	L	A	N	T	S	I	I	A	A	E	T	I	I
L	I	L	Y	U	D	L	A	R	E	M	E	R	L
S	R	U	B	U	T	T	E	R	F	L	I	E	S
E	U	R	M	M	E	M	O	R	I	A	L	D	F
G	N	I	N	E	D	R	A	G	B	L	O	O	M

SENIOR CENTER Word Search

Find the Word in the Puzzle

Words can go in any direction. Words can share letters as they cross over each other.

- | | |
|-------------|----------|
| BUTTERFLIES | WARM |
| FRESH | SEEDS |
| CATERPILLAR | PEACEFUL |
| MEMORIAL | EMERALD |
| BRIGHT | BLOSSOM |
| MOTHER | GEMINI |
| VALLEY | LADYBUG |
| MAY | BOUQUET |
| HATCH | LILY |
| LILAC | RAINBOW |
| GARDENING | PLANTS |
| BLOOM | FLOWER |



Lynne Guittar
Trip Coordinator

Auburn Travelers

UPCOMING FASCA TRIPS
Open to Adults 21 and Over



Rich Hedin
Co-Trip Coordinator

Please send all checks to: FASCA, Auburn Senior Center, 4 Goddard Drive, Auburn, MA 01501

Memories of Patsy

Wednesday June 22nd

Patsy Cline is an American music icon and perhaps the most popular female country singer in recording history. In 1973, she became the first female performer to be inducted into the Country Music Hall of Fame.

Includes:

*Plated Luncheon, Meal Tax,
Meal Gratuity, and Show
Ticket*

Only \$99 pp

Danversport Yacht Club
Danvers, MA



Narragansett Lighthouse Cruise

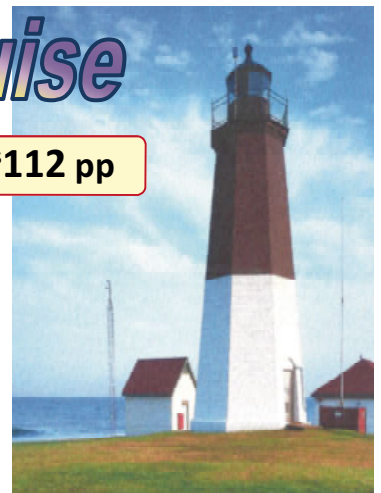
*Features A Delicious Luncheon At The Quonset Point
Officer's Club & Narrated Narragansett Bay Cruise*

\$112 pp

Sunday, June 19

You'll first arrive at the Quonset Point Officers Club. Your menu includes a Garden Tossed Salad, Entrée of Baked Scrod or Baked Chicken with Mashed Potatoes and Green Beans, Chocolate Cake Dessert and Coffee or Tea.

After Lunch you'll cruise Jamestown and Newport Bridges, past mansions, historic Fort Adams and other historic Rhode Island sights.



Maine's Famous "Bull and Claw" Lobster Bake

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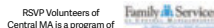
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The Nutrition Program is sponsored by the
Elder Services of Worcester Area, Inc.
May Nutrition Menu

Your donation of \$2.50 per meal helps keep the program running.



REMINDER

If you would like to join us for lunch, please make your reservation **2 DAYS IN ADVANCE**. If you cannot keep your reservation, **PLEASE CALL TO CANCEL**. Thank you – *Judy Gonroff, Dining Site Manager 508-832-7799 x6204.*

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Mornay Couscous Roman Blend Vegetables Tapioca Diet = SF Vanilla Pudding Marble Rye Bread	3 Meatloaf w/ Gravy Garlic Mashed Potatoes Scandinavian Vegetables Mixed Fruit Whole Wheat Bread	4 Macaroni 'n Cheese Stewed Tomatoes Green Beans Fresh Fruit French Bread	5 Cinco de Mayo Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	6 Mother's Day Meal Roast Turkey w/ Gravy Herbed Potatoes California Blend Vegetables Cream Puff Italian Bread
9 Pulled Pork w/ BBQ Sauce Mac 'n Cheese Green Beans Strawberries Sandwich Roll	10 Swedish Meatballs Mashed Potatoes Country Blend Vegetables Vanilla Mousse Marble Rye Bread	11 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Brownie Diet = Half Piece Italian Bread	12 Sloppy Joe Steak Cut Fries Mixed Vegetables Baked Apples Sandwich Roll	13 Fish w/ Crumb Topping Rice Pilaf Roasted Brussels Sprouts Fresh Fruit Whole Wheat Bread
16 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Peaches Biscuit	17 Spaghetti & Meatballs Tomato Sauce Green Beans Fresh Fruit Italian Bread	18 Potato Crunch Fish Herbed Potatoes Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Pumpnickel Bread Tartar Sauce	19 Baked Ham Sr Crm/Chive Potatoes Carrots Vanilla Pudding Diet = SF Tapioca Italian Bread	20 Garlic Herbed Chicken Bread Stuffing Brussels Sprouts Pear Crisp Diet = Pears Whole Wheat Bread
23 Fish w/ Parmesan Cream Sauce Wild Rice Broccoli w/ Red Peppers Peaches Pumpnickel Bread	24 Burger Chili & Cheese Green Beans Steak Cut Fries Strawberries White Peasant Bread	25 Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doones Marble Rye Bread	26 Ranch Chicken Rice Pilaf Spinach Birthday Cake Diet = Half Piece Pumpnickel Bread	27 Summer Holiday Meal Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Diet = Pineapple Hot Dog Roll
30 Memorial Day No Meal Served	31 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard			

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