



Volume 26
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April 2022

1020 Hope Street Bristol, RI 02809

Contact Us:

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Find us on Facebook

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mursinibcsc@gmail.com

Donna Wilson
Assistant Director
dwilsonbcsc@gmail.com

Office Hours:

Monday-Friday
8:30 am—3:30 pm

Board of Directors:

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Celebration



COME , LEARN AND GROW.

Read and learn about our services,

- Senior Services available
- Daily lunches delivered
- Transportation—call our office
- And much more!



Masks are required for service in the Senior Center building and transportation bus.

Events



HEALTH AND WELLNESS INFORMATION SESSION



Tuesday, April 12

10:00am-1:00pm

Benjamin Church

Senior Center Parking Lot

Join Your Personal Healthcare Advocates from Blue Cross and Blue Shield of Rhode Island to learn more about benefits services and plans including **BlueRI for Duals**.

The team provides personalized services, product expertise and service in both English and Spanish.

Stop by our mobile store to:

*Explore your Medicare options.
Learn about the value of Blue.
Enter one of our raffles.*



Happy Cinco de Mayo

*Come and celebrate with friends on
Thursday, May 5*

11:30am-12:30pm

Welcome all members!

Sponsored by:

Benjamin Church Senior Center

Call Benjamin church office for more details 253-8458.

Location:

*Franklin Court Independent Living
Community Room*



Senior Services

In Person Appointments

Tuesday, April 12

10:00am-1:00pm

BlueCross BlueShield Of RI

Visit their rollout office in our parking lot.

Wednesday, April 13

12:00pm-1:30pm

Legal Service

Paul Silva will be at the Senior Center.

Topics: Wills, Power Of Attorney and End-Of-Life Planning.

Call and make your appointment.



Friday, April 15

Our office will close at Noon

Good Friday

Sunday, April 17

Happy Easter



Monday, April 18

9:00am-12:00pm

Veterans benefits

Steve Skuba

Call and make your appointment



Wednesday, April 20

10:00am-11:30am (FREE CLASS)

Craft Class with Daisy

Call the Senior Center to reserve your seat. Space is limited.

Thursday, April 21

9:30am-10:30am

VNS Blood Pressure



Thursday's & Friday's– Taxes

The Volunteer Income Tax Assistance Program (VITA) provides IRS-trained tax professionals to provide tax-preparation services to clients. VITA volunteers provide timely, quality, and free tax preparation for low to moderate income individuals and families. Volunteers not only prepare tax returns, but simultaneously provide education to clients about their returns and eligible tax credits.

Call 401-435-7876 text 1137 to schedule your appointment.

Senior Health Insurance

Counselors provide assistance with health insurance options, Medicare issues, prescription and Medicaid assistance.

**Call our office to make
your appointment
(401) 253-8458.**



In Person or Virtual Wellness Activities



ALL classes are **FREE!** For questions call Donna at 253-8458.



Virtual W/Sue

Line Dancing
Wednesdays

Check our Facebook

Benjamin Church Senior Center for login weekly.



Thursdays @10:00am

Benjamin Church Senior Center



W/Kate



**Franklin Court Independent Living
Community Room
150 Franklin Street**



Mondays @11:30am
Strength & Balance

W/Jessica



Mondays Zumba Gold 12:45pm-1:15pm



**VIRTUAL
Zumba-Gold
Fridays at 9:00am**

W/Jessica

WELLNESS & ACTIVITIES

Grocery Shopping

Community Shopping:
Tuesdays

Bristol Housing Authority:
Thursdays

Call the Senior Center to reserve
your seat.

Masks are required!



Healthy Eating for Successful Living in Older Adults™



Workshop is conducted over 6 weeks.

Starts on Wednesday April 6th
12:30pm-2:00pm

until Wednesday, May 11th

Call the Senior Center and reserve your
seat 253-8458.

Sponsored By:
East Bay Community
Action Program



east bay community action program
THE BRIDGE TO SELF-RELIANCE

Come play cards!!



Mondays
12:00pm-1:30pm

Information



Dates and time are subject to change

Monday	East Bay Community Action St. Mary's Church Tap In	12:00pm-4pm 8:30am-2:30pm
Tuesday	East Bay Community Action Friends of St Elizabeth Parish St. Mary's Church St. Mary of the Bay Tap In	12:00pm-4:00pm 5:30pm-6:30pm 8:30am-2:30pm 3:00pm-5:00pm 9:00am-Noon
Wednesday	East Bay Community Action East Bay Food Pantry Good Neighbors St. Mary's Church St. Mary of the Bay	2:00pm-6:00pm 10:00am-6:30pm 9:00am-1:00pm 8:30am-2:30pm 9:00am-11:00am
Thursday	East Bay Community Action St. Mary's Church Tap-In	8:30am-2:15pm 8:30am-2:30pm 9:00am-Noon
Friday	East Bay Community Action East Bay Food Pantry Little Compton Food Pantry St. Mary's Church Tap-In	8:00am-Noon 10:00am-3:00pm 9:00am-10:00am 8:30am-2:30pm 9:00am-Noon
Saturday	Good Neighbors Little Compton Food Pantry	10:00am-Noon 9:00am-10:00am

Donna's Birthday Celebration

We would like to thank everyone that stopped by.



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\$3.00 Suggested Donation

Menu Items are subject to change due to being unavailable to obtain.

Funded in part by the US administration on aging and state funds by the Rhode Island office of Healthy Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p><i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Menu Subject to Change</i></p>			<p>1. Seafood Salad on croissant</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>4. Turkey and Cheese w/ mayo on White</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>5. Hot Dog on roll w/ mustard</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>6. Veal on bulky roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>7. Rosemary Chicken on Pumpernickel Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>8. Fish Sandwich on Wheat Bread w/ tartar</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>11. Italian Sausage on grinder roll w/ mustard</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>12. Chicken and cheese on rye w/ mayo</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>13. Pub Burger on Wheat Bread w/ mustard</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>14. Shrimp Salad on Italian Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>15. Cheese Omelet on Wheat Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>18. Ham and cheese w/ mustard on Rye Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>19. Meatloaf w/ ketchup on Multi- Grain Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>20. Vegetable Burger on Wheat Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>21. Veal Parmigian on Italian Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>22. Fried Steak on Oatmeal Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>25. Kielbasa w/ mustard on Rye Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>26. BBQ Chicken on Bulky Roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>27. Pork Loin on Marble Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>28. Tuna on Pita Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>29. Pot Roast on Wheat Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>

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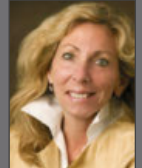
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