



Volume 26
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May 2022

1020 Hope Street Bristol, RI 02809

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mursinibcsc@gmail.com

Donna Wilson
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Office Hours:

Monday-Friday
8:30 am—3:30 pm

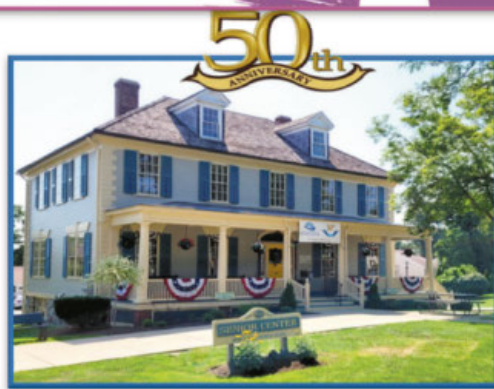
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COME , LEARN AND GROW.

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, May 10

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.

Wednesday, June 29, 2022



Save the Date

Entertainment and Lite refreshments

Details to com in the

June Newsletter



AGE MY WAY: MAY 2022



Senior Services & Activities

Tuesday, May 10

10:00am-1:00pm

BlueCross BlueShield Of RI

Visit their rollout office in our parking lot.



Wednesday, May 11

9:30am-10:30am

VNS Blood Pressure



Wednesday, May 11

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.

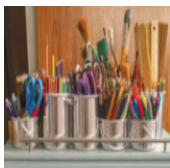


Thursday, May 12

10:00am

Craft Class with Elin

Call the Senior Center to reserve your seat. Space is limited
Sponsored by Silver Creek



Monday, May 16

9:00am-12:00pm

Veterans benefits

Steve Skuba

Call and make your appointment



Thursday, May 19

11:30am

BINGO

Seating is limited call the office



Wednesday, May 25

10:00am

(FREE CLASS)

Craft Class with Daisy

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



Thursday, May 27

9:00am-1:00pm

AARP Smart Driving Course

Come by the Senior Center and reserve your seat.



Monday, May 30

Memorial Day

The office will be closed to observe



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.**



east bay community action program
The Bridge to Self-Reliance



LOCAL HELP FOR PEOPLE WITH MEDICARE



In Person Activities



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



Community Room *W/Jessica*
150 Franklin Street

Mondays @11:30am

Strength & Balance

W/Jessica



Mondays

12:45pm-1:15pm

Zumba Gold



**Benjamin Church
Senior Center**

Thursdays @10:00am

Chair Yoga

W/Kate



Senior Services & Activities

Grocery Shopping

Community Shopping:
Tuesdays

Bristol Housing Authority:
Thursdays

Call the Senior Center to reserve
your seat.

Masks are required!



Driver Safety

Benjamin Church
Senior Center
1020 Hope Street

Friday, May 27
9:00am-1:00pm

Classroom Course Cost:
\$20.00 for AARP members
\$25.00 For non-members

**Stop by the Senior Center and
reserve your seat.**



Thursday, May 19
11:30am

Limited Seating
Benjamin Church
Senior Center

Call and reserve your seat!

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



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MAY

\$3.00 Suggested Donation

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 <u>May Breakfast</u> Egg and cheese on a biscuit</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>3. Pub Burger on roll w/ Ketchup</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>4. Grilled Chicken on a roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>5. Veal Parmigiana on Italian</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>6. <u>Mother's Day Luncheon</u> Grilled Chicken on roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>9 Roast Beef and cheese w/ mayo on Marble Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>10 Fried Steak on Pumpnickel</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>11 Tuna on a wrap 1</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>12. Knockwurst w/ mustard on roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>13. Ham and cheese w/ mustard on Oatmeal</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>16 Meatball Grinder on a Roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>17 Veal on Rye Bread</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>18 Egg salad on Pumpnickel</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>19. Chicken Salad on Wheat</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>20. Fish w/ tartar sauce on a Bun</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>23. Chicken Salad on Rye</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>24. Meatloaf w/ ketchup on Multi Grain</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>25. Italian Sausage w/ mustard on a roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>26. Pub burger w/ mustard on roll</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>27 <u>Memorial Day Luncheon</u> Chicken and cheese on Pumpnickel</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>
<p>30 CLOSED Memorial Day Observed</p> 	<p>31. Hot Dog on a Roll w/ mustard</p> <p>100 % JUICE L/S CHIPS DESSERT MILK</p>		<p><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i></p>

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