



Volume 26  
Issue 7

July 2022

1020 Hope Street Bristol, RI 02809

**Contact Us:**

[www.bristolsrctr.com](http://www.bristolsrctr.com)

**Find us on Facebook**

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Maria Ursini  
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Donna Wilson  
*Assistant Director*  
dwilsonbcsc@gmail.com

**Office Hours:**

Monday-Friday  
8:30 am—3:30 pm

**Board of Directors:**

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*Treasurer*



***COME , LEARN AND GROW.***

Read and learn about our services,

- Senior Services available
- Daily lunch
- Transportation—call our office
- Trips
- And much more!



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

## *Events*



### **Benjamin Church Senior Center Resorts ~Atlantic City, NJ 3 Day ~ August 28-30, 2022**

#### Trip Includes:

2 Nights Accommodations  
\$20 Slot Dollars  
2 - \$25 Meal Credits  
A Show (on availability)  
Motor Coach Transportation  
Luggage Handling

#### Per Person Prices:

Double or Triple Occupancy : \$369.00  
Single Occupancy : \$569.00  
\*Optional Cancellation Insurance available: \$15 pp

**Bus Departs 8/28/22 8:00 AM From:**  
Benjamin Church Senior Center, 1020 Hope St.

**Returns 8/30/22 @ Approximately 8 PM**

Day 1: Depart for Atlantic City with a stop on the way for coffee and lunch before arriving at the hotel. Receive your bonus package on arrival and enjoy the rest of the day – may Lady Luck be with you!

Day 2: Make sure to visit the other casinos all along the Boardwalk in Atlantic City. There is much to see and do !

Day 3: Try your luck one more time before heading home. We will make stops as needed on the way home. You will arrive home this evening.

#### For Reservations, Please Contact:

**Donna @ Benjamin Church Sr Center ~ 401-253-8458**



## *Hot Lunch Is Back*

***Join us Monday-Friday***

***@ 11:30am for lunch***

***Call our office 2 days in  
advance and reserve your seat.***

***The meals are a suggested donation of \$3.00***

## Senior Services & Activities

**Friday, July 1st**

**Closed**

**Monday, July 4th**

**Closed**

**Happy 4th of July**



**Thursday, July 7**

**10:00am-12:00pm**

**URI Snap**



The supplemental Nutritional Assistance program (SNAP) URI Outreach Counselor will be at the Senior Center once a month. Call the office to schedule your appointment.

**Wednesday, July 13**

**12:00pm-1:30pm**

**Legal Service**



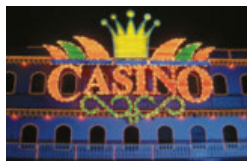
Paul Silva will be at the Senior Center. Topics: Wills, Power Of Attorney and End-Of-Life Planning. Call and make your appointment.

**Thursday, July 14**

**9:00am -4:30pm**

**Trip to Encore**

**(SOLD OUT)**



**Thursday, July 14**

**10:00am**

**Craft Class with Elin**

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



**Thursday, July 15**

**10:30am-11:30am**

**VNS Blood Pressure**



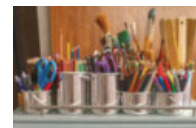
**Wednesday, July 20**

**10:00am**

**(FREE CLASS)**

**Craft Class with Daisy**

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



**Monday, July 25**

**9:00am-12:00pm**

**Veterans benefits**

Steve Skuba

Call and make 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 Activities



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



**Community Room** *W/Jessica*  
150 Franklin Street

**Mondays @11:30am**  
**July 4th No class**  
**Strength & Balance**

*W/Jessica*



**Mondays**  
**12:45pm-1:15pm**  
**July 4th No class**  
**Zumba Gold**



**Benjamin Church  
Senior Center**

**Thursdays @10:00am**

**Chair Yoga  
@Colt State Park**

*W/Kate*



## Senior Services

### Grocery Shopping

Community Shopping:  
*Tuesdays*

Bristol Housing Authority:  
*Thursdays*

Call the Senior Center to reserve  
your seat.

**Masks are required!**



**Come play cards!!**



**Mondays ~ 12:00pm-1:30pm**

**HAPPY**  
**4<sup>TH</sup> OF JULY**

### East Bay Foster Grandparent Program

The East Bay Foster Grandparent Program is actively recruiting community members 55 years of age or older to serve as volunteer Foster Grandparents in their communities. The heart of the program is the one-on-one daily attention that FGP's provide. This special relationship helps young people grow, gain confidence and become more productive caring members of society. Foster Grandparents assist in schools, Head Start sites, YMCAs and local libraries throughout the East Bay. Foster Grandparents receive a tax-free stipend which will not affect any federal, state or local benefit or entitlement. **Tax free stipend amounts range from \$45.00 - \$120.00 per week.** Foster Grandparents also receive mileage reimbursement, meals during service, paid holidays and accident and liability insurance while serving. The mission of the program is to support positive outcomes for children by providing volunteer opportunities to income eligible individuals. Together we can build a stronger generation of children and a better community for ourselves and our neighbors. For more information please call:  
**Diane Palmer, Program Coordinator, East Bay Foster Grandparent Program, 401-712-2743, a division of East Bay Community Action Program.**



# Information

## Scam Alert

### Benjamin Church Senior Center

People who grew up in the 1930s through the 1950s were usually raised to be polite and trusting of others. The Federal Bureau of Investigation warns that scammers will exploit those traits.

Older Americans are less likely to say no to a con artist. Scammers also target older people because they're more likely to have a nest egg.

Con artists may be friendly or sympathetic in some cases or threatening in others. They may use email, online dating sites, phone calls or traditional mail to contact you. Or they may show up at your door offering a service.

Our organization has been working with Patrolman Wood for the last few years on informing our elders about scams. **Con artis has targeted our community in the last few months in the amount of about \$615,000.**



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	8:30-am-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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**\$3.00 Suggested Donation**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	All menu items may contain nuts, beans, seeds, wheat, Bran and other allergens			<b>Closed</b>
<b>4</b> <b>CLOSED</b> 	<b>5</b> Vegetable Barley Soup Veal w/mushroom gravy Seasoned Whole Grain Ziti Winter Blend Vegetables Fig Bar Garlic Bread <i>(Pastrami &amp; Swiss on Rye)</i>	<b>6</b> Red Chowder Salad Entrée Grilled Chicken w/ Mandarin orange, Crunchy noodles, Tomato/Lettuce/ Asian Dressing Roll / Fresh Fruit <i>Tuna Salad on roll w/ side salad</i>	<b>7</b> Onion Soup w/Croutons Turkey Chili Corn Bread Broccoli Spears Mandarin Oranges Multi Grain Bread <i>(Meatloaf on Multi Grain)</i>	<b>8 Christmas Dinner</b> Pasta Fagioli Stuffed Chicken w/Gravy Red Bliss Mashed Potatoes Green Beans Almondine Ice Cream Wheat Bread <i>(Seafood Salad on Wheat)</i>
<b>11</b> Split Pea Soup Baked Ham w/Pineapple Ring Sweet Potatoes King Edward Blend Vegetables Coffee Cake Dinner Roll <i>(Roast Beef &amp; Cheese on a Roll)</i>	<b>12</b> Onion Soup w/Croutons Swedish Meatballs Buttered Noodles Capri Blend Vegetables Sliced Pears Wheat Bread <i>(Low Sodium Hot Dog/ Roll)</i>	<b>13</b> Beef Vegetable Soup Rosemary Chicken Oven Roasted Potato Mixed Vegetables Fruit Cocktail Pumpernickel Bread <i>(Italian Tuna on Pumpernickel)</i>	<b>14</b> Pasta & Bean Soup Shepherd Pie w/ Ketchup Baby Whole Carrots Mandarin Oranges Wheat Bread <i>(Chicken Salad on Wheat)</i>	<b>15</b> 100% Juice Broccoli & Cheese Quiche Turkey Sausage Tomato Half Greek Yogurt <i>(Turkey &amp; Cheese on Wheat)</i>
<b>18</b> Beef Noodle Soup Chicken Marsala Garlic Mashed Potatoes Broccoli Cuts Sherbet Multi Grain Bread <i>(Ham Salad on Multi Grain)</i>	<b>19</b> Italian Wedding Soup Roast Turkey w/Gravy Combread Stuffing Seasoned Spinach Fresh Fruit Garlic Roll <i>(Seafood Salad on a Roll)</i>	<b>20</b> 100% Juice Entrée Salad Antipasto Salad w/ Ham/Cheese/Salami Tomato/Cucumber/onion Dressing Roll / Brownie <i>Meatloaf w/Ketchup on roll</i>	<b>21 Happy Birthday</b> Chicken Soup Pot Roast w/ low sodium Gravy Mashed Potatoes Green Beans Frosted Cupcake Marble Bread <i>(Egg Salad on Marble)</i>	<b>22</b> Shrimp & Corn Bisque Boneless BBQ Rib Baked Beans Carrot Slaw Cantaloupe Dinner Roll <i>(Italian Grinder)</i>
<b>25</b> Lentil Soup Low Sodium Hot Dog Macaroni Salad Cole Slaw Ice Cream 9-Grain Bread <i>(Turkey &amp; Swiss on 9-Grain)</i>	<b>26</b> Tomato Vegetable Soup Roasted Airline Chicken Seasoned Whole Wheat Pasta California Blend Vegetables Pudding Rye Bread <i>(Tuna on Rye)</i>	<b>27</b> Chicken Escarole Soup Veal w/Marinara Sauce Pesto Whole Grain Pasta Italian Blend Vegetables Fruit Bar Pumpernickel Bread <i>(Bologna &amp; Cheese on Pumpernickel)</i>	<b>28</b> Tomato Vegetable Soup BBQ Beef Mashed Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Salmon Salad on Rye)</i>	<b>29</b> Clear Chowder Florentine Fish Rice Pilaf Sliced Carrots Brownie Oatmeal Bread <i>(Corned Beef/Swiss/Oatmeal)</i>

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Contact the Superintendent Enzly Ramsey for a pre-need appointment

401-253-6426



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