



Volume 26
Issue 8

August 2022

1020 Hope Street Bristol, RI 02809

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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 transportation bus.

Events



02809



East Bay Community Action Lunch Program

\$3.00 donation 60+/\$5.00 under 60 years of age



Hot Lunch



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

Monday, August 1

SHIP

(Senior Health Insurance)

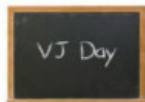
9:00am-1:00pm



Monday, August 8

Closed

VJ Day



Wednesday, August 10

12:00pm-1:30pm

Legal Service

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



Thursday, August 11

10:00am

Craft Class with Elin

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



Thursday, August 11

10:30am-11:30am

VNHH Blood Pressure



Monday, August 15

9:00am-12:00pm

Veterans benefits

Steve Skuba

Call and make your appointment



Wednesday, August 24

10:00am

Craft Class with Daisy

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



Thursday, August 25

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.



Call and make your appointment.

Monday, August 29

SHIP

(Senior Health Insurance)

9:00am-1:00pm



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.**

WELLNESS CLASSES



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



Community Room
150 Franklin Street

W/Jessica

Mondays @11:30am
Strength & Balance

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



Sponsored by:

**Benjamin Church
Senior Center**
Thursdays @10:00am
Chair Yoga
@Colt State Park

W/Kate



Senior Services

Medical Appointment

Mondays 9:00am-12:00pm



Grocery Shopping

Community Shopping: 9:00am ***Tuesdays***

Bristol Housing Authority: 9:00am ***Thursdays***

Call the Senior Center to reserve your seat.

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.



Trips / Events



Games & More

Wednesday, August 24

12:30pm

*Bristol Housing
Community Room*

*Call Benjamin Church Senior Center
for more information.*



Upcoming Trips.....more information next month.



***September 2022
Day Trip***



October 2022

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AUGUST

2022

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Mixed Vegetables Rye Bread Fresh Fruit <i>(Seafood Salad on Rye)</i>	2 Lentil Soup Chicken Cordon Bleu w/ Gravy Mashed Potatoes Broccoli Cuts Apricots Oatmeal Bread/ Meatloaf w/ ketchup	3 Beef Vegetable Soup Meatballs w/ Sauce Seasoned Pasta Capri Blend Vegetables Oat Nut Bread Tapioca Pudding Shrimp Salad on Oat Nut	4 Barley Soup Tuna Salad Summer Tortellini Salad Seasoned Beets & Onions Rye Bread Angel Food Cake <i>(Comed Beef on Rye)</i>	5 Italian Wedding Soup Stuffed Sole Baked Potato Sliced Carrots Multi Grain Bread Fruit Cocktail <i>(Chicken Salad on Multi Grain)</i>
8 CLOSED  <i>(Tuna on Italian)</i>	9 Chicken Soup Veal w/Tomato Sauce Pesto Pasta Italian Blend Vegetables Fresh Fruit Garlic Roll <i>(Hamburger w/ mustard on a Roll)</i>	10 Minestrone Soup BBQ Pulled Pork Baked Beans Cole Slaw Coffee Cake Marble Bread Italian Tuna on Marble	11 Onion Soup Beef Stroganoff Noodles Green Beans Rye Bread Pudding <i>(Pastrami & Swiss on Rye)</i>	12 White Chowder Baked Fish w/Crumb Topping Red Bliss Mashed Potato Roasted Zucchini Oat Nut Bread Fresh Fruit <i>(Egg Salad on Oat Nut Bread)</i>
15 Turkey Noodle Soup Sliced BBQ Beef Oven Roasted Potatoes Mixed Vegetables Italian Bread Shortbread Cookie <i>(Tuna on Italian)</i>	16 100% Orange Juice Plain Omelet w/Tomato O'Brien Potatoes Sausage Patty Greek Yogurt <i>(Ham Salad on a Roll w/Side Salad)</i>	17 Split Pea Soup Baked Ham w/Pineapple Sweet Potatoes Winter Blend Vegetables Pumpemickel Bread Fresh Fruit <i>(Turkey w/Cheese on Pumpemickel)</i>	18 HAPPY BIRTHDAY Venus de Milo Soup French Meat Pie w/Ketchup Baby Whole Carrots Wheat Bread Frosted Cupcake <i>(Seafood Salad on Wheat)</i>	19 Lemonade Marinated Grilled Chicken Pasta Salad Cole Slaw Dinner Roll Watermelon <i>(Egg Salad on a Bulky Roll)</i>
22 Beef Vegetable Soup Swedish Meatballs Seasoned Noodles Capri Blend Vegetables Oat Nut Bread Sliced Peaches <i>(Shrimp Salad on Oat Nut Bread)</i>	23 Corn Chowder Beer Battered Fish w/Tartar Sauce Rice Pilaf Seasoned Sliced Carrots Rye Bread Cookies <i>(Honey Ham & Cheese on Rye)</i>	24 Escarole & Bean Soup Pot Roast w/Gravy Sweet Mashed Potatoes Green Beans Roll Greek Yogurt <i>(Fish Sandwich on Roll)</i>	25 Chicken Soup w/Ancho de Pepe Lasagna Rollup w/Tomato Sauce Roasted Brussel Sprouts Italian Bread Pudding <i>(Italian Grinder)</i>	26 Mayor's Picnic 100% Cranberry Juice Honey BBQ Boneless Chicken Buttered Corn Tomato & Cucumber Salad Wheat Bread Diced Pears <i>(Hot Dog on a Roll)</i>
29 Turkey & Brown Rice Soup Crab Cake w/ Tartar Sauce Mashed Potato Mixed Vegetables Oatmeal Bread Fruit Bar Ham and cheese w/ mustard on oat- meal bread	30 Tomato Vegetable Soup Chicken Marsala Rice Pilaf California Blend Vegetables Wheat Bread Mandarin Oranges Tuna Salad on Wheat	31 Red Chowder Beef Wellington w/ Ketchup Roasted Vegetables Whole wheat roll Cookies Chicken Salad on Wheat hamb roll	All menu items may contain nuts, seeds, beans, wheat, bran, and other allergens	

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401-253-6426



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