



DIRECTOR
Dina Elhelw
Generationsdirector1@gmail.com
Delhelw@Scituateri.org

MONDAY-FRIDAY
9:00 A.M. - 3:00 P.M.



NUTRITION MANAGER
Cheryl Ignacio
COORDINATORS/DRIVER
Mary Lightfoot
Frank Borges
Kimberly Stinnette



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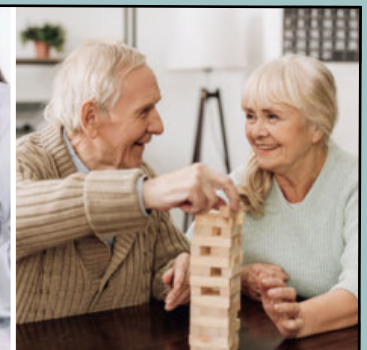
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06-5313

MESSAGE FROM THE DIRECTOR

Engage at Every Age! The Selfie Challenge!

May is older American month. There is no better way to show the world that you are never too old to take a selfie! Take the selfie challenge...snap a selfie while you are participating in something that is improving your mental or physical health! June's newsletter will be full of selfie smiles!

Thank you,
Dina Elhelw, Director of Senior Services




Older Americans Month Birthday Bash!




Please join us to celebrate the nonagenarians & centenarians (90+) on Wednesday May 18th at 12pm!

MAY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Orange Juice Scrambled Eggs w/ sliced tomato Baked Virginia Ham French Toast w/syrup Greek Yogurt	3 Chicken Soup w/ Orzo Shepard Pie Garlic Spinach Brownie Wheat Bread	4 Pasta & Bean Soup Salad entrée Grilled Chicken w/ mandarin orange, crunchy noodles, Tomato/lettuce/ Asian dressing roll	5 Salsa & Chips! Make your own Fajitas! Fried Churros! Frozen Margarita!	6 Mother's Day Luncheon Onion soup w/ croutons Baked Chicken Quarter Red bliss Mash Capri blend Veg Coffee Cake
9 Chicken Escarole Soup Beef Stroganoff Buttered Noodles California Blend Veg Marble Bread Cookies	10 Turkey Rice Soup Fried Steak w/ country gravy Mash, Roasted Zuc- chini Pumpnickel br Fresh fruit	11 White Chowder Tuna Salad Italian Style Pasta Salad Cole Slaw Wrap Fig Newton	12 Chicken Noodle soup Knockwurst w/ mustard Boiled Potatoes Mixed Vegg Italian Bread	13 Spit Pea Soup Baked Ham w/ pineapple Sweet Pot Roasted Cauliflower Oatmeal Bread
16 Lentil Soup Meatballs in Sauce Seasoned Pasta Italian Veg Dinner Roll Sliced Pear	17 Tom Brown Rice Soup, Veal w/ Mushroom Gravy Oven Roasted Pot Sliced Carrots Rye Brd	18 Cream of Broccoli Soup Beef Wellington Lyonnais Pot, Sal- ad w/dressing Pumpnickel bread	19 Beef Veg Soup Chicken Cordon Bleu w/gravy Rice Pilaf Asparagus Tips Wheat Bread	20 Chicken Esca- role Soup Florentine Fish, Mash Pot, Mixed Veg, Dinner roll Fresh fruit
23 Vegetable Chowder Marinated Grilled Chicken Au Gratin Pot, Roasted brussels sprouts Rye bread Lorna Doones	24 Chicken Veg Soup Meatloaf w/mush gravy, Mash Sweet Pot, Roasted Veg, Multi grain bread Fresh Fruit	25 Mushroom Barley Soup Italian Sausage, Pesto tortellini, peppers & onions Wheat Bread Ice Cream Sand- wich	26 Cream of Spinach Soup Pub Burger Baked Beans Sliced Carrots Oatmeal bred Tropical Fruit	27 Veggie Soup Oven Roasted Air- line Chicken Wild Rice, Broccoli/ Cauliflower blend, Pumpnickel brd Fresh fruit
30 CLOSED IN OBSERVANCE OF MEMORIAL DAY	31 Memorial Day BBQ Hamburger Hotdog Corn on the Cob Watermelon	Thank you for your do- nations! Your dona- tions help keep the program going. <i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i>	<i>Funded in part by the US admin- istration on aging and state funds by the Rhode Is- land Department of Elderly Affairs</i>	

MAY ACTIVITIES SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9am: Coffee & News 10:30: Meditation Monday 12: Lunch</p>	<p>3</p> <p>9am: Coffee & News 10:30: Yoga 12: Lunch 1:00- Line Dancing</p>	<p>4</p> <p>9am: Coffee & News 10am: Chain Gang 10:30 Blood Pressure Clinic 10:45 Walk Fit 12: Lunch</p>	<p>5</p>  <p>10am: Bingo 11: Zumba Gold</p>	<p>6</p> <p>9am: Coffee & News MOTHER'S DAY LUNCHEON 11: Keep Upright w/Kate 12: Lunch 1pm: Card Games</p>
<p>9</p> <p>9am: Coffee & News 10:30 Brunch at Granite Farms 12: Lunch</p>	<p>10</p> <p>9am: Coffee & News 10:30: Yoga canceled 12: Lunch 1:00- Line Dancing</p>	<p>11</p> <p>9am: Coffee & News 10am: Chain Gang 10am Iggy's 10:30 Blood Pressure Clinic 10:45 Walk Fit 12: Lunch</p>	<p>12</p> <p>9am: Coffee & News 10am: Bingo in the Den 11: Zumba Gold 12: Lunch</p> 	<p>13</p> <p>9am: Coffee & News 11: Keep Upright w/Kate 12: Lunch 1pm: Card Games</p>
<p>16</p> <p>9am: Coffee & News 10:30: Meditation Monday 11am: Walk Fit 12: Lunch</p>	<p>17</p> <p>9am: Coffee & News 10:30: Yoga 12: Lunch 1:00- Line Dancing</p>	<p>18</p> <p>9am: Coffee & News 10am: Chain Gang 10:30 Blood Pressure Clinic 10:45 Walk Fit 10:30- Ceramics in the Den 12: Lunch Older Americans Month Birthday Bash!</p>	<p>19</p> <p>9am: Coffee & News 10am: Bingo in the Den 10:15am Thrift Store 11: Zumba Gold 12: Lunch</p>	<p>20</p> <p>8am: Twin River Casino 9am: Coffee & News 10:30 Walk the Track 12: Lunch 1pm: Card Games</p>
<p>23</p> <p>9am Coffee & News 10: Walmart 12: Lunch</p>	<p>24</p> <p>9am: Coffee & News 10:30: Yoga 12: Lunch 1:00- Line Dancing</p>	<p>25</p> <p>9am: Coffee & News 10am: Chain Gang 10:30 Blood Pressure Clinic 10:45 Walk Fit 11: Karaoke 12: Lunch</p>	<p>26</p> <p>9am: Coffee & News 9 am:: Van Gogh 10am: Bingo in the Den 11: Zumba Gold 12: Lunch</p>	<p>27</p> <p>9am: Coffee & News 10:30 Walk the Track 10:30 Shady Acres Lunch 12: Lunch 1pm: Card Games</p>
<p>30</p> <p>Closed</p> 	<p>31</p> <p>9am: Coffee & News 10:30: Yoga 12: Memorial Day BBQ 1:00- Line Dancing Memorial Day BBQ</p>			

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Events



Thursday May 5th
11 am

MENU:
Chips & Salsa
Chicken Fajita
Cilantro Lime Rice
Corn
Beans

Frozen Margarita
Churro

CELEBRATE
Mother's Day



Friday May 6th
Mother's Day Luncheon
Followed by
Tea Time

Age Out Loud!
Wednesday May 18th
Birthday Bash!

Join us in celebrating those who are
ages 90 and above!



Memorial Day BBQ
Tuesday May 31

Menu:
Hamburger
Hotdog
Corn on the Cob
Watermelon

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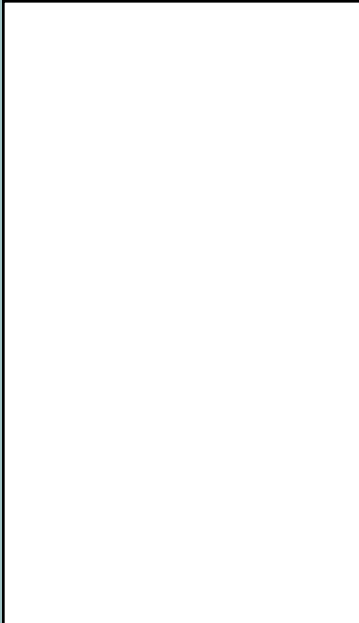


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HEALTH & WELLNESS

DON'T DELAY THE TALK: AN EARLY ALZHEIMER'S DIAGNOSIS CAN MAKE A BIG DIFFERENCE

After 30 years of painting commercial buildings, Mario Martinez of San Jose, California, had experienced days like this before — grueling hours under a sun-soaked sky, doing back-breaking work. He loved his job, but after spending hours outside he was ready to go home. Mario bent down to pick up his paintbrush, roller and can. Turning back to look at his day's work, he paused. His heart sank. He knew something was wrong.

"Mario came home and told me he had painted the wrong side of the doors on the building," his wife Veronica said. "It was alarming because he's been painting buildings for years and never made this kind of mistake. It worried us both." The couple had both noticed that Mario seemed to be more forgetful recently, but neither had shared their concerns with the other. Now that Mario's memory lapses were interfering with his work, it was time to talk.

