



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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JUNE 2022





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MESSAGE FROM THE DIRECTOR



JUNE MENU

JOINE MILINO							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Thank you for your donations! Your donations help keep the program going. All menu items may contain nuts, seeds, beans and wheat bran + other allergens	Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs	1 Split Pea Soup Corned Beef, Boiled Potato Carrot & Cabbage blend Rye Bread Corned Beef & Swiss on Rye	2 Venus de Milo Soup BBQ Beef, corn, cole slaw Pudding, Corn Bread BBQ beef on a roll	3 Red Chowder Seafood Salad 3 bean salad, Tri colored Pasta w/ vinaigrette Fresh Fruit Wheat roll Seafood Salad on a wheat roll			
6 Pasta and Bean Soup Entrée Salad , Grilled Chicken w/Strawberry's & Almonds Tomato on Spinach/ Iceberg Mix Sliced Peaches Grilled chicken on multi grain	7 Vegetable Soup Italian Sausage, Pesto Tortellini, Peppers & Onions Sponge Cake Italian Bread Italian Sausage on a roll	8 Lentil Soup Swedish Meatballs Noodles Green beans Fresh Fruit Meatball Grinder on Country White bread	9 Tomato & Brown Rice Soup Pork Loin w/gravy Mashed Potatoes Seasoned Spinach Shortbread cookie Garlic roll Pork Sandwich on roll	10 Clear Chowder Beer Battered Fish w/Tartar Sauce Lyonnaise potatoes Broccoli Spears Fresh Fruit 12-Grain Bread Fish Sandwich on 12- Grain Bread			
13 Beef Noodle Soup Herb Roasted Grilled Chicken, Au Gratin Po- tatoes, Normandy Blend Veg Fruit cup Herb Roasted Grilled Chicken on rye	14 Red Chowder Chicken Cordon Bleu w/gravy White Rice, Broccoli Blue berry Coffee Cake Chicken Salad on Marble bread	15 Lentil Soup Stuffed Peppers w/ sauce Roasted Po- tatoes, Scandinavi- an Blend Veg, Fresh Fruit Dinner roll Roast beef on a roll	16 Chicken Escarole Soup French Meat Pie, Seasoned Diced Potatoes, Broccoli Frosted Cupcake Oak Nut Bread Egg Salad on Oak	17 Italian Wedding Soup Pot Roast w/Gravy, Red Bliss Mash Potatoes, Green beans Almondine, Mandarin oranges Pot Roast on wheat			
20 Juneteenth	21 Low Sodium Hot Dog , Baked Beans, Carrot and Raisin Slaw, Hot Dog on a roll Lemonade	22 Cream of Broccoli Soup Baked Ham, w/ pineapple slices, sweet potatoes, roasted veg, Pudding Ham & Cheese on rye	23 Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Veg Seasonal Fruit Seafood Salad on Oatmeal	24 Minestrone Soup Roast turkey w/ gravy, corn bread, baby whole carrots, cookie Turkey & Cheese on wheat			
27 Chicken Soup Veal w/Tomato Sauce, Seasoned whole grain pasta, Italian blend veg Sliced Peaches Bologna & Cheese on multi grain	28 Vegetable Soup Fried Steak w/ gravy, Wild Rice, Cauliflower Brownie Fried Steak on wheat	29 Spanish Omelet Crispy Cube Pota- toes, Tomato, Half Croissant, Greek Yogurt Egg & Cheese on Croissant	30 Tomato Veg Soup Chicken Marsala, mash potato, sum- mer squash, fruit cocktail, Grilled chicken on pumpernickel	ON THE MENU			
CENIEDATIONS AT	CLIO DA MOTILILIA	I N I N I	II INIT 1				

JUNE ACTIVITIES SCHEDULE						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
	in a	1 9am:Coffee & News 10am: Chain Gang 10:30 BP Clinic 10:45 Walk Fit 11: Generations Gentian 12: Lunch 12: Mike D entertainer	9am:Coffee & News 10am: Bingo in the Den 10:30: Uncle Tony's 11: Zumba Gold 12: Lunch	3 9am: Coffee & News 10: Walk the Track 11: Keep Upright w/Kate 12: Lunch 1pm: Card Games		
6 9am:Coffee & News 10:00am: Walk the Track 12: Lunch	7 9am: Coffee & News 10:30: Yoga 10;30: Rummikub 12: Lunch 1:00- Line Dancing	8 9am: Coffee & News 10am: Chain Gang 10:30 BP Clinic 10:30: Chelo's on the Water 10:45 Walk Fit 12: Lunch	9 9am: Coffee & News 10am: Bingo in the Den 11: Zumba Gold 12: Lunch	10 9am: Coffee & News 11: Matinee TBD 12: Lunch 1pm: Card Games Eat your Veggie Day!		
13 9am:Coffee & News 10:30: Meditation Monday 12: Lunch	14 9am: Coffee & News 10:30: Yoga 10:30: Rummikub 12: Lunch	15 9am: Coffee & News 10am: Chain Gang 10:30 BP Clinic 10:30- Ceramics in the Den 10:45 Walk Fit 12: Lunch 1pm: Wheel of Fortune!	16 9am: Coffee & News 10am: Bingo in the Den 11: Zumba Gold 12: Lunch National Fudge Day!	17 9am: Coffee & News 9: Dads w/Dads 10: Walk the Track 11: Keep Upright w/Kate 12: Lunch National Veggie Day 1pm: Crooning & Crudité on the deck		
9am Coffee & News 9am: Walmart/Hanks NO CONGREGATE MEAL: Juneteenth	9am: Coffee & News 10:30: Yoga 10:30: Rummikub 12: Lunch World Day of Music 12pm: Senior Harmonica Band Summer Solstice 1pm: Ice Cream Social	9am: Coffee & News 10am: Chain Gang 10:30 BP Clinic 10:30– Ceramics in the Den 10:45 Walk Fit 11: Karaoke 12: Lunch	23 9am: Coffee & News 0am: Bingo in the Den 11: Zumba Gold 12: Lunch 1pm: Super Bingo	24 9am: Coffee & News 9: Twin River 10:Walk the Track 12: Lunch 1pm: Sinatra on the Deck!		
27 9am:Coffee & News 10:30: Meditation Monday 12: Lunch	28 9am: Coffee & News 10:30: Yoga 10:30: Rummikub	29 9am:Coffee & News 10am: Chain Gang 10:30 BP Clinic 10:45 Walk Fit 11:30: Harborside 12: Lunch	30 9am: Coffee & News 0am: Bingo in the Den 11: Zumba Gold 12: Lunch	eLPi		

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SCITUATE SUMMER



Wednesday 6/8 10-1 RSVP by 6/3 401-647-2662 x1

Grab your wallets and let's go!

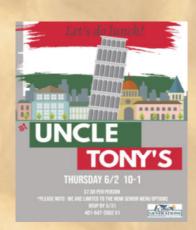


Painting + Ceramics= FUN!



Join us for painting and decorating adorable handmade figurines!

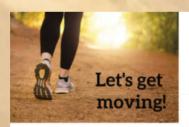
Wednesday in the den June 15th & 22nd ® 10:30am





JUNE





Come and walk Tasca field track with us Monday 6/6 and Friday 6/17 at 10:00 am weather permitting! RVSP 401-647-2662 X 1

NOTE: On Friday 6/17, we will be back at the building in time for Keep Upright! GENERATIONS



LET'S GET GARDENING!

Join the Generations Gentian club and help us plan, plant, and tend our gardens!

> Wednesday June 1st 11 am Generations Senior Center

RSVP by Tuesday May 31st 401-647-2662 x1

He who plants a garden plants happiness
- Chinese Proverb





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