


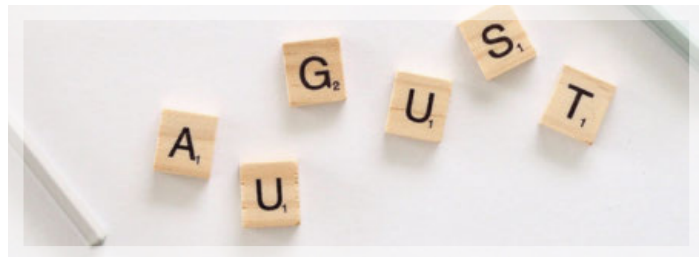


AUGUST 2022

-  1315 Chopmist Hill Road
North Scituate, RI
-  Monday - Friday
9 a.m. to 4:00 p.m.
-  (401) 647-2662
-  Generationsdirector1@gmail.com



Staff Directory

Dina Elhelw
 Director of Senior Services
 (401) 647-2662
 Delhelw@Scituateri.org

Activities Assistants
 Mary Lightfoot
 Kimberly Stinnette

Nutrition Manager
 Cheryl Ignacio

Driver
 Frank Borges

Our Mission

The mission of Generations at Chopmist Hill Senior Center is to promote healthy aging, independence and the well-being of older adults through health, wellness, educational, cultural, and recreational programs and services.

Rhode Island's Premier Retirement Destination Since 1990



'Best Retirement Community'

for the fourth consecutive year
in Providence Journal's
Readers' Choice Awards!

(410) 949-1333



715 Putnam Pike Greenville, RI | www.VillageRetirement.com



**SCITUATE
HARDWARE**

Large Fastener Selection
Plumbing • Electrical
Hardware • Keys
Windows • Screens
Cabot Stain • Glidden Paint
TOM & LORI RICCI
401-647-4900
32 Danielson Pike
North Scituate

RAMBONE & SPRAGUE OIL

PEACE OF MIND AT YOUR FINGERTIPS

CALL 401-647-1455

FAMILY OWNED



- Auto Delivery
- Budget Plans
- Service Plans

**Full Service installation & removal
services for furnaces, oil tanks,
boilers and water heaters.**

**GROW YOUR
BUSINESS**

**BY PLACING
AN AD HERE!**

CONTACT US!

Contact Renee Barstow
to place an ad today!
rbarstow@4LPi.com or
(800) 950-9952 x6457



**STILLWATER ASSISTED LIVING
AND SKILLED NURSING COMMUNITY**
AN AFFILIATE OF EDEN HEALTH CARE
Our caring hearts and helping hands make the difference.



Nursing Facility Services & Amenities
24/7 Nursing Care
Physical, Occupational & Speech Therapy
Mental Health Clinicians • Hospice Care
Assisted Living Services & Amenities
Outpatient Rehab -
Physical, Occupational & Speech Therapy
Facility Owned & Operated Transportation Service
Tiered Wellness Packages Tailored to Specific Needs
20 AUSTIN AVENUE, GREENVILLE, RI
401-949-3880

GORHAM & GORHAM

**Jane G. Gurzenda
ATTORNEY**

25 Danielson Pike
North Scituate, RI

401-647-1400

janegurzenda@gorhamlaw.com

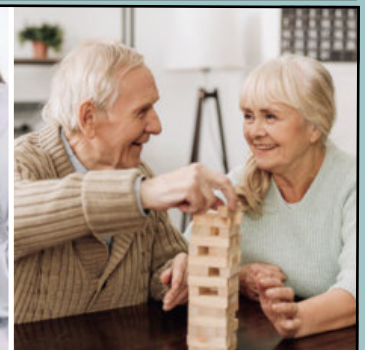


Federally Insured by NCUA



CRYSTAL LAKE
REHABILITATION & CARE CENTER

WWW.CRYSTALLAKEREHAB.COM



CRYSTAL LAKE REHAB IS A 71 BED FACILITY THAT OFFERS 24 HOUR CARE IN:

**Short Term Rehabilitative Care • Pain Management
Physical, Occupational, Speech & Respiratory Therapy
Wound Management • Palliative Care • Long Term Care**

SPACIOUS ROOMS • BEAUTICIAN / BARBER
THERAPEUTIC RECREATION • REGISTERED DIETITIAN ON STAFF
3 DAILY MEALS / INDIVIDUALIZED NUTRITIONAL PROGRAM



401-568-3091 • 999 MAIN STREET, PASCOAG RI



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpicommunities.com

Scituate Senior Center - North Scituate, RI

06-5313

Message From the Director



August has arrived! Feeling the heat? If you need relief from the soaring temps be sure to come to the INN as we are a cooling center for the town! We celebrate senior citizens all throughout the month of August. Come stroll through the Inn to read up on each members notable accomplishments and wisdom!

Dina Elhelw, Director of Senior Services



Recipe of the Month



Observe National Senior Citizens Day!

After a lifetime of changing diapers, wiping noses, baking cookies, coaching sports, refereeing squabbles, working, serving in the military, and contributing to the success of the U.S. in myriad ways, seniors deserve at least one day for themselves!

In 1988, President Ronald Reagan signed a proclamation declaring August 21st as National Senior Citizens Day in the U.S. Created to support, honor, and show appreciation to older adults, the day was also created to recognize their achievements and contributions to society.

In his proclamation, Reagan said, "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land."

National Senior Citizen Day is a great reminder not to let age stand



in the way of success or happiness! Some notable Americans found both in their later years. Take Colonel Sanders, the founder of Kentucky Fried Chicken. He founded the company at age 65 and went on to become a multimillionaire. Famed painter Grandma Moses picked up a brush at 75 and painted until she died at 101. Laura Ingalls Wilder, author of the Little House Books, published "Little House in the Big Woods" when she was 64 and published her last book, "These Happy Golden Years," when she was 76.

Fresh Fruit Flavor

When it comes to fresh fruit, watermelon is a top pick in many households.

It's available year-round and makes for a nutritious snack, but its great taste is the reason most people buy watermelon, according to research from the National Watermelon Promotion Board

Sweet Watermelon Pizza

Greek yogurt
Watermelon, cut to 1-inch thick round slice
Shredded coconut
Mint
Berries, such as blueberries, strawberries, or blackberries
Slivered almonds





BONE BUILDERS

10:45 am.-11:45 am.

RETURNING SOON

The Bone Builders program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Join us every Wednesday at 10:45.



WALK THE TRACK

9:30 am.-10:30am.

Returning Soon

Each week the walking club will head over to Tascas field to walk the track



FITNESS PROGRAM

MEDITATION MONDAY

Meditation is a practice in which an individual uses a technique- such as mindfulness, or focusing the mind on a particular object, thought, or activity- to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Join us in the den every other Monday at 10:30 to decompress and clear your mind.

YOGA

Yoga is a group of physical, mental and spiritual practices aimed to control and still the mind. Please join us every Tuesday at 10:30 in the den.



LINE DANCING

Come join the fun with a instructionally guided line dancing class with your very own Mishnock Barn Instructor Jesse! All levels of experience are welcome. Check the calendar as these class days vary.

BONE BUILDERS

The Bone Builders program relies upon weight training and balance exercises to protect against fractures caused by osteoporosis by increasing muscular strength, balance and bone density. Join us every Wednesday at 10:45.

ZUMBA GOLD

This class uses easy to follow Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat and prepare to leave feeling empowered and strong. Join us every Thursday in the dining room at 11am!



KEEP UPRIGHT

Join Kate, a licensed physical therapist assistant and a certified personal trainer every other Friday for an individualized balance assessment who will help you focus on fall prevention, body awareness, balance and safe functionality. Join us very other Friday in the den at 11am!

All fitness classes offered at the Inn are easily modified for all ability levels.





AUGUST

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 1 Coffee & News 12-Lunch 1pm-Classic Movie Monday | 2 Coffee & News 10:30- Yoga 12- Lunch 1pm-Stand Up Comedy | 3 Coffee & News 10- Chain Gang/BP 10:45- Walk Fit 12- Lunch 1- Live Game Show 6:30- Concert Series | 4 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Games | 5 Coffee & News 8:30- Casino 12- Lunch 1pm- Mocktails on the deck |
| 8 CLOSED IN CELEBRATION OF VJ DAY | 9 Coffee & News 10:30- Yoga 12- Lunch 1pm-Stand Up Comedy | 10 Coffee & News 10- Chain Gang/BP 10:45- Bone Builders 11:30-Venda 12- Lunch 1- Live Game Show | 11 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Game | 12 Coffee & News 9:30- Blueberry Picking 11am- Keep Upright 12- Lunch 1pm- Mocktails on the deck |
| 15 Coffee & News 12- Lunch 1pm- Classic Movie Monday | 16 Coffee & News 10:30- Yoga 12- Lunch Wayne Carlow Sings 1pm-Line Dancing | 17 Coffee & News 10- Chain Gang/BP 10:45-Bone Builders 11:00- Wreaths 12- Lunch 1- Live Game Show | 18 Coffee & News 10am- Bingo 11am- Zumba 12-Lunch 1pm-Card Game | 19 Coffee & News 8-Boston Odyssey 9:30am- Walmart 12- Lunch 1pm- Mocktails on the deck |
| 22 Coffee & News 10:30- Meditation 11:30- Hibatchi 12- Lunch 1pm-Classic Movie | 23 Coffee & News 10:30- Yoga 12- Lunch 1pm-Line Dancing | 24 Coffee & News 10- Chain Gang/BP 1030- State PD Mus 10:45- Bone Builders 12- Lunch 1- Live Game Show | 25 Coffee & News 10-12- Painting Class 11am- Zumba 12-Lunch 1pm-Bingo Bonanza | 26 Coffee & News 8:30- Breakfast Club 11am- Keep Upright 12- Lunch 1pm- Mocktails on the deck |
| 29 Coffee & News 11:00- Uncle Tony's 12- Lunch 1pm- Classic Movie | 30 Coffee & News 10:30- Yoga 12- Lunch 1pm-Line Dancing | 31 Coffee & News 10- Chain Gang/BP 10:45-Bone Builders *Hoe Down Event! | | |

SUPPORT OUR ADVERTISERS!



AUGUST



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| <p>1</p> <p>Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Mixed Veg Rye Bread Fresh Fruit</p> | <p>2</p> <p>Lentil Soup Chicken Cordon Bleu w/Gravy Mash Pot Broccoli Cuts Apricots Oatmeal bread Meatloaf</p> | <p>3</p> <p>Beef Vegetable Soup Meatballs w/sauce Seasoned Pasta Capri Blend Veg Oat Nut Bread Tapioca Pudding Shrimp Salad on Oat</p> | <p>4</p> <p>Barley Soup Tuna Salad Summer Tortellini Sea Beets & Onion Angel Food Cake Corned Beef on Rye</p> | <p>5</p> <p>Italian Wedding Soup Stuffed Sole Baked Potato Sliced Carrots Multi Grain Bread Fruit Cocktail Chicken Salad on</p> |
| <p>8</p> <p>Closed in celebration of VJ Day</p> | <p>9</p> <p>Chicken Soup Veal w/Toma Sauce Pesto Pasta Italian Blend Veg Fresh Fruit Garlic Roll Hamburger on a roll</p> | <p>10</p> <p>Minestrone Soup BBQ Pulled Pork Baked Beans Cole Slaw Coffee Cake Marble Bread Italian Tuna</p> | <p>11</p> <p>Onion Soup Beef Stroganoff Noodles Green Beans Rye Bread Pudding Pastrami & Swiss</p> | <p>12</p> <p>White Chowder Baked Fish w/Crub Topping Red Bliss Mash Pot Roasted Zucchini Oat Nut Brd Fresh Fruit Egg Salad on Oat</p> |
| <p>15</p> <p>Turkey Noodle soup Sliced BBQ Beef Oven Roast Pot Mixed Veg Italian Bread Shortbread Cookie Tuna on Italian</p> | <p>16</p> <p>100% Orange Juice Plain Omelet w/tom O'Brien Pot Sausage Patty Greek Yogurt Ham Salad on a roll & Side Salad</p> | <p>17</p> <p>Split Pea Soup Baked Ham w/Pineapple Sweet Pot, Winter blend Veg, Pump brd, Fresh Fruit Turkey & Cheese</p> | <p>18</p> <p>Venus de Milo Soup French Meat Pie Baby Whole Carrots Wheat bread Frosted Cupcake Seafood Salad on Wheat</p> | <p>19</p> <p>Lemonade Marinated Grilled Chicken, Pasta Salad, Cole Slaw, Dinner roll Watermelon Egg Salad on bulky</p> |
| <p>22</p> <p>Beef Veg Soup Swedish Meatballs Seasoned Noodles Capri Blend Veg Oat nut Brd Sliced Peaches Shrimp Salad on oat</p> | <p>23</p> <p>Corn Chowder Beer Battered Fish w/tartar, Rice Pilaf, Seas Sliced Carrots, Rye Bread Cookies</p> | <p>24</p> <p>Escarole & Bean Soup, Pot Roast w/gravy, Sweet Mash Pot, Green Beans, Roll Greek Yogurt Fish Sandwich on roll</p> | <p>25</p> <p>Chicken Soup w/Anci de Pepe Lasagna Rollup w/tom, Roasted Brussel Sprout, Italian Brd, Pudding Italian Grinder</p> | <p>26</p> <p>100% Cranberry Juice Honey BBQ Boneless Chicken, Buttered Corn, Tom & Cuc Salad, Wheat Brd, Diced Pears Hot dog on a roll</p> |
| <p>29</p> <p>Turkey & Brown Rice Soup, Crab cake w/tartar, Mash Pot, Mixed Veg, Oatmeal Brd, Fruit bar Ham & Cheese w/mustard on oatmeal</p> | <p>30</p> <p>Tom Veg Soup Chicken Marsala Rice Pilaf, Cali Blend Veg, Wht brd, Mandarin Oranges Tuna Salad on Wheat</p> | <p>31</p> <p>Red Chowder Beef Wellington Roast Veg, Whole Wheat toll Cookies Chicken Salad on Wheat</p> | <p>All Menu items may contain nuts, seeds, bean, wheat, bran and other allergens.</p> | |

FREE
AD DESIGN
WITH PURCHASE
OF THIS SPACE

CALL 800.477.4574

 **Bayberry Commons**
Nursing & Rehabilitation

A Health Concepts Nursing and Rehabilitation Facility
181 DAVIS DRIVE, PASCOAG, RI

401-568-0600 Email: admissions.bc@hcltdri.com
▼ Private Sub Acute Rehabilitation Rooms ▼ Long Term Care
▼ Secure Memory Unit

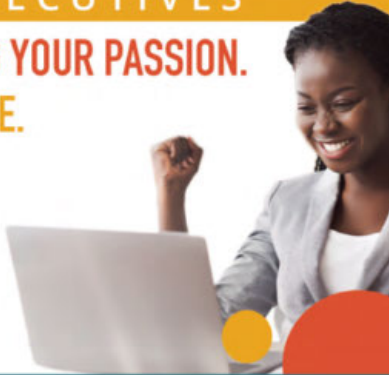
Our mission is to bring joy and compassion to everyone we encounter

WE'RE HIRING

AD SALES EXECUTIVES

BE YOURSELF. BRING YOUR PASSION.
WORK WITH PURPOSE.

- Paid Training
- Some Travel
- Work-Life Balance
- Full-Time with Benefits
- Serve Your Community



 Contact us at careers@4ipi.com
www.4ipi.com/careers

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



picommunities.com/adcreator

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at www.mycommunityonline.com



Lets Go Out To Eat!

Venda on the Hill

Wednesday, August 10th
11:30am - 2pm

Constantinos Venda Bar & Restaurante is renowned throughout Providence and beyond for its authentic Italian cuisine, award winning wine list and exceptional service. Please sign up for lunch on the hill-weather permitting.

Hibatch

Monday, August 22nd
11:30 am - 2pm

Sit fire grill side and watch your lunch being prepared by trained hibatchi chefs as they fire up the grill wowing you with their culinary knife skills. It's an interactive show & meal combined!

Uncle Tony's
Monday, August 29th
11 am - 1:30 pm

Authentic Italian Cuisine at a good old fashion RI staple. Come hungry and leave with a smile!

The Breakfast Club
Friday August 26th
8:30 am - 10am

At the Gentleman Farmer, they take pride in the quality of their home made weekly specials and generous portions. Please join the breakfast club this month!



THE FONDEST
MEMORIES ARE
MADE **GATHERED**
AROUND THE TABLE

It is best to RSVP one week prior to all Inn events & field trips



Other Outings ...

to look forward to

Casino

Friday August 5th
8:30 departure

-

Shopping

Friday August 19th
Walmart- 9am departure

-

RI State Police Museum

Wednesday August 24th
10:30 departure

Blueberry Picking

Friday August 12th
9:30-10:30am

Join us at Harmony Farms to pick your own heart healthy anti oxidant blueberry!



Hoe Down at the Inn

Wednesday August 31

Grab your cowboy boots and hat and come on down to the Inn for a Country Western Hoe Down!

10am-

11am- Jesse Liam Band

12- Lunch Menu

BBQ, Beans & Corn
Bread

1pm- Horse Racing!