

Melissa Bouvier, Director

March 2026

GLOCESTER SENIOR CENTER



March News

1210 Putnam Pike , Chepachet, RI 02814 401-567-4557 www.glocesterri.org

Need help paying
your residential
heating bills?

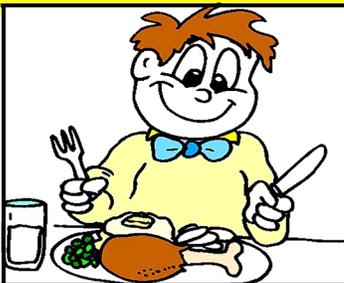
LIHEAP

May help income
eligible households
pay their heating bills,
offers weatherization
services, and may be
able to assist in
heating crisis situa-
tions. Ask me for info

LUNCH Reservations

Must be made by
Wednesday the week be-
fore you wish to eat.

(401) 567-4557



*****Reminder*****

Please do not come to
the Center if you are
sick or have any symp-
toms such as fever,
chills, coughing,
sneezing, runny nose
or a sore throat.



St Patrick's Day Luncheon

Thursday March 12th at noon

Join us for a delicious meal:

Irish Vegetable Stew

Corn Beef

Cabbage & Carrots

Boiled potatoes

Soda bread

Cake

All for only \$3.00. Reservations are
required.

LET'S HAVE SOME FUN!!!



Glocester Senior Center Book Discussion 2026

Second Wednesday of each month at 1:00pm

- March 11 A Duty to the Dead by Charles Todd
- April 8 This Dark Road to Mercy by Wiley Cash
- May 13 Isola by Allegra Goodman
- June 10 Remarkably Bright Creatures by Shelby Van Pelt

Crafting with Suzy

Come have fun while making a

Flowerpot Leprechaun Hat

March 12th @ 10:00 am

Space is limited reserve your spot today.

Dinner Meet Up

**Reservations are at 4:00 pm
On March 26th**

Black Dog Bar and Grille

Please RSVP with Melissa for reservation purposes.



A representative from SNAP will be here on Thursday, March 26th from 10:30-1:30 to answer questions and/or assist with completing applications.

March 2026 MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 #1 Navy bean soup Chicken French stew Green Beans Mashed potatoes Sliced peaches #2 Chicken salad on wheat	3 #1 Vegetable soup Manicotti w/ meat sauce Greek cucumber salad Garlic bread Sliced pears #2 Tossed salad w/ chicken	4 #1 Mushroom barley soup Mediterranean chicken Potatoes, mushrooms & tomatoes Sliced melon #2 Tuna salad plate	5 #1 Tomato rice soup Sweet & sour pork tenderloin Broccoli, bell peppers & pineapple White rice w/green onions Cake #2 Greek salad w/ chicken	6 #1 Mediterranean Lentil soup Lemon pepper baked fish Roasted Potato Cole slaw Cookies #2 Turkey & cheese on wheat
9 #1 Escarole & bean soup Greek style chicken thighs Rice pilaf Roasted vegetables Chocolate chip cookie #2 Egg salad on rye	10 #1 Minestrone soup Stuffed shell w/meatball Green beans Roasted potatoes Sliced pears #2 Seafood salad plate	11 #1 Tomato soup Sausage & pepper sandwich Veggie crunch (Cum, Tom, Kale, Spinach, onion, celery) Mixed fruit #2 Turkey sandwich on wheat	12 St Patrick's Luncheon #1 Irish vegetable stew Corn beef Cabbage & carrots Boiled potatoes Soda bread Cake	13 #1 Broccoli & cheese soup Baked fish sandwich 3 bean salad Chips Sliced apples #2 Greek salad w/ chicken
16 #1 Lentil vegetable soup Chicken ala king (mixed veg) White rice Sliced melon #2 Ham salad on wheat	17 #1 Chicken escarole soup Sloppy joe Roasted vegetables Roasted sweet potatoes Brownie #2 Cobb salad	18 #1 Vegetable soup Honey glazed pork roast Roasted potatoes Green beans Watermelon #2 Tuna salad plate	19 #1 Mushroom barley soup Open turkey sandwich w/gravy Mashed sweet potatoes Roasted carrots Sugar cookie #2 Chef salad	20 #1 Navy bean soup Baked Fish Roasted zucchini mix Rice pilaf Peaches #2 Chicken salad sandwich
23 #1 Potato leek soup Baked pasta w/sausage & meatballs & cheese Tossed salad Oatmeal raisin cookie #2 Chicken salad on rye	24 #1 Minestrone soup Pepper steak w/gravy Mashed potatoes Roasted Vegetables Sliced peaches #2 Chef salad	25 #1 Chicken soup Chicken scallopini Rice pilaf Mixed vegetables Fruit cocktail #2 Ham & Cheese on rye	26 #1 Kale & chickpea soup Meatloaf w /gravy Mashed potatoes Buttered corn Cake #2 Greek salad w/ chicken	27 #1 Tomato soup Baked fish sandwich Cole slaw Roasted sweet potatoes Sliced pears #2 Tuna salad on rye
30 #1 Chicken soup Swedish meatballs Mashed potatoes Broccoli florets Sliced melon #2 Italian grinder	31 <p style="text-align: center;">Pizza</p>		Dinner rolls are served with all meals	All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Funded in part by the US Administration on Aging and The Rhode Island Office of Healthy Aging.

WELCOME!
 Our suggested donation is \$3.00 per meal.
 Lunch is served At 12:00 pm

The menu is subject to change without notice.

All menu items may contain nuts, seeds, beans, wheat, bran and other potential allergens.

Please reserve your weekly meal choice(s) by noon on Thursday, monthly orders accepted, changes 48 hours in advance. EBT cards are accepted at the Social Street site!

Call 766-3734 for information.

SERVING SIZES

- Grains – 2 ounces
- Vegetables – ½cup
- Fruits – ½ cup
- Protein – 3 ounces
- Dairy – 1 cup

March

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	3. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30	4. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	5. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	6. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Pool Tourney.....12:30 Cribbage.....1:00 Bingo.....1:30
9. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	10. Aqua Turf Trip Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30	11. Tax Prep.....BA Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Book Club.....1:00 Cribbage.....1:00 Knitting.....2:00	12. Chair Yoga.....9:15 Craft with Suzy.....10:00 Pastel Art.....10:30 Hi Lo Jack.....***1:30***	13. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....NO Cribbage.....1:00 Bingo.....1:30
16. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	17. Yoga.....9:30 Water color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	18. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	19. Chair Yoga.....9:15 Craft with Roseann.....10:00 Pastel Art.....10:30 Meditation.....10:30 Hi Lo Jack.....1:00	20. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Ice Cream Social.....12:30 Pool Tourney.....12:30 Cribbage.....1:00 Bingo.....1:30
23. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	24. Yoga.....9:30 Jewelry with Donna.....10:00 Water Color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30	25. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	26. Chair Yoga.....9:15 SNAP.....10:30-1:30 Pastel Art.....10:30 Hi Lo Jack.....1:00 Dinner trip-Reservations 4:00	27. Haircut by appointment Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
30. Co. line dance.....9:30 Sewing Class.....10:00 Cooking Demo.....10:30 Hi/ Lo Jack1:00 Scrabble.....1:00	31. Yoga.....9:30 Water Color.....10:30 Move it or lose it.....11:00 REIKI.....BA Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30			

Cooking Demo—March 30th @ 10:30 am

Pan-seared Sea Scallops with Lemon Parmesan Risotto

We will be demonstrating how to make pan-seared sea scallops with lemon parmesan risotto from start to finish. Risotto is a classic dish that is a delicacy in Italy. Risotto is traditionally made from arborio rice and is very versatile with incorporating many kinds of proteins, vegetables, and even some fruit. The major difference between most rice dishes and this one is the slow addition of stock while consistently stirring the rice.

When it comes to any type of risotto, technique is key.

*Brought to us by our friends at Smithfield Woods

ATEL

One on one

Tech Support

April 2nd 9:00am-11:00am

By appointment

(Please Note: If the Tech is sitting alone the day of, you can approach him with questions)

Crafting with Roseann

Thursday, March 19th at
10:00 am

Have fun while making an
**Adorable Bunny Vase with
Rose Arrangement**

as displayed at the greeters
station.

**Space is limited so re-
serve your spot ASAP.**



Exciting News!

Julie the hairdresser will now be at our Center every 4th Friday of each month offering basic services such as:

- ◆ Leave in shampoo w/cut only \$21
- ◆ Leave in shampoo w/cut and blow style dry \$26
- ◆ Leave in shampoo w/cut, blow dry, curling iron \$31
- ◆ Leave in shampoo w/ blow dry and curling iron set \$26
- ◆ Basic manicure \$21

Cash only paid directly to Julie the day of the service

Appointments last about a 1/2 hour and are required.

Please see Melissa if interested in scheduling a services.

Spring Ice Cream Social

March 20th
at 12:30 pm

Sponsored by our friends



Jewelry Making with Donna

March 24th @ 10:00am
Space is limited RSVP with
Melissa



G LOCESTER SENIOR CENTER PRESENTS: The Spirit of Boston



Thursday, May 7, 2026
\$149 Person

Your Motor Coach Will Depart:

9:00AM—Glocester Senior Center

Approximate Return - 5:30PM

Step aboard the "Spirit of Boston" for an afternoon of unparalleled harborcruising fun on historic Boston Harbor. This luxurious 2 hour cruise features live entertainment - you'll dine, dance, enjoy star-quality entertainers and breathtaking views! On board, you'll enjoy an outstanding buffet luncheon to suit every taste and appetite, all freshly prepared onboard in the ship's excellent galley. Sample a little bit of everything! After the cruise we will head over to Quincy Market for some free time to shop and explore!

Please reserve no later than March 20, 2026. No Refunds after March 20, 2026

Contact: Melissa Bouvier (401-567-4557)/ Check payable to: Glocester Senior Center
Spirit of Boston, May 7, 2026/Full Payment due upon reservation.

Name: _____

Phone: _____ Address: _____

Emergency Contact:

Name _____ Phone: _____

Booking your trips through the Glocester Senior Center helps to support our activities

TRIP OPERATED BY BLOOM TOURS



Glocester Senior Center Presents:

BEST OF MAINE

Wednesday June 10, 2026

\$125 per person



YOUR MOTORCOACH WILL DEPART AS FOLLOWS:

6:30AM Glocester Senior Center

Returns Approximately 5:30pm

Join us for the Best of Maine. Our day will begin with a scenic ride to Len Libby's Candies. After this delicious stop, we will head to lunch at Foster's Clambake where you will dine on Lobster or BBQ Chicken along with clam chowder, steamed clams and mussels. Our journey continues with a trip to When Pigs Fly Company Store in Kittery, ME. Explore this amazing place which includes over 25 varieties of our all natural breads and other products like jams & jellies and yes there is a sampling table! Our final stop will be in York, ME at Stonewall Kitchen Store. You will be amazed at the abundance of locally produced products here. Smell the incredible aromas, savor delicious samples, or watch the jam process. The perfect ending to a delectable day in Maine!

Please reserve no later than May 10, 2026 No Refunds after May 10, 2026

Contact: Melissa Bouvier (401-567-4557) / Check payable to: Glocester Senior Center

Best of Maine June 10, 2026/Full Payment & Meal Choice due upon reservation.

Name: _____

Phone: _____ Address: _____

Meal Choice: _____ Lobster _____ BBQ Chicken

Emergency Contact:

Name _____ Phone: _____

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Please note times are subject to change.

TRIP OPERATED BY BLOOM TOURS