



September News

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

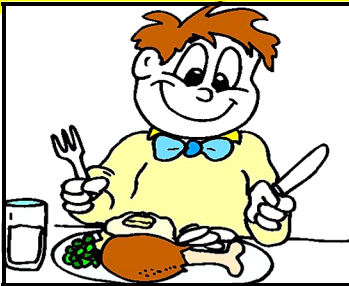
****POP UP ****

Walk Fit
class on
Wednesday
9/2
10:30 am

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.

National Senior Center Month

This year for national Senior Center Month we
are going to celebrate by having our first ever

Spirit Week Extravaganza

What does that mean, you ask?...

Each day you are going to show your Gloucester
Senior Center TEAM SPIRIT by dressing up
as follows....

9/21 Monday-Country Western Theme
or Flannel shirt

9/22 Tuesday- Polka dot and Stripes day

9/23 Wednesday-Crazy Sock Day

9/24 Thursday- Decades Day 50's, 60's, 70's or 80's

9/25 Friday- Hat Day— The crazier the better
but anything works. LET'S HAVE FUN!!!

LET'S HAVE SOME FUN!!!

ATEL

One on One Tech
Support

9:00am to 11:00am

September 10th

By Appointment

Jewelry Making with
Donna

September 22nd at 10:00
am

Space is limited RSVP with
Melissa



Dinner Meet Up

September 24th

Angelo's Palace Pizza

Reservations are at 4:00 pm

Please RSVP with Melissa
for reservation purposes.



Crafting with Roseann

Thursday, September 17th
at 10:00 am.

Have fun while making a
Beautiful craft
as displayed at the greeters
station.

Space is limited so re-
serve your spot ASAP.



MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 #1 Fresh fruit cup Classic Texas chili Riced cauliflower Corn bread Cookies #2 Seafood salad plate	2 #1 Chicken noodle soup Roasted chicken w/gravy Green beans Mashed potatoes Fresh melon #2 Ham & Swiss cheese on rye	3 #1 Tuscan lentil soup Creamy garlic pork chop Rice pilaf Sweet peas & carrots Cake #2 Greek salad w/chicken	4 #1 Tomato basil soup Baked fish Italian vegetables Roasted sweet potatoes Sliced pears #2 Cobb salad
7 Closed in Observance of Labor Day.	8 #1 Minestrone soup Mediterranean chicken Sauteed Greek vegetables Lemon potatoes Lorna Dune cookies #2 Seafood salad sandwich	9 Closed for Primary Vote	10 #1 Creamy vegetable soup Roasted pork loin w/gravy Cauliflower mashed potatoes Green beans Brownie #2 Egg salad sandwich	11 #1 Navy bean soup Sausage & pepper sandwich 3 bean salad Potato wedges Sliced peaches #2 Greek salad w/chicken
14 #1 Chicken soup Shepards pie Mashed potatoes Fresh melon #2 Corned beef on rye	15 PIZZA	16 #1 Vegetable soup Baked pasta w/sausage & Mini meatballs Summer vegetables Sliced pears #2 Chicken salad sandwich	17 #1 Tomato spinach & basil soup Beef tips w/gravy Italian style zucchini Sweet potatoes Jello #2 Turkey on rye	18 #1 Clam chowder Roasted chicken thighs w/gravy Rice pilaf Mixed vegetable Watermelon #2 Italian grinder
21 #1 Three bean soup Honey Dijon chicken Sweet potatoes Prince Edward vegetables Tropical fruit #2 Roast beef sandwich	22 #1 Carrot soup Pepper steak Broccoli cauliflower mix Mashed potato Sliced peaches #2 Egg salad on rye	23 #1 Creamy vegetable soup Hawaiian pineapple pork White rice Baby carrots Cookie #2 Cobb salad	24 #1 Chicken soup Roasted turkey w/gravy Stuffing Buttered corn Cake #2 Greek salad w/chicken	25 #1 Tuscan soup w/vegetables Pub burger w/cheese Greek cucumber salad Chips Fresh fruit #2 Turkey & Cheese sandwich
28 #1 Escarole & bean soup Sloppy joe Roasted potato Italian green beans Fresh fruit #2 Ham & cheese on rye	29 #1 Lentil & bean soup w/kale Lemon chicken w/artichokes Mixed vegetables Rice pilaf Cookie #2 Roast beef sandwich	30 #1 Chicken soup Apple cider pork roast Sweet potatoes Stewed tomatoes Fruit cocktail #2 Tuna salad sandwich	Bump up Fiber. Fiber helps maintain digestive health & helps us feel fuller longer. Fiber also helps control blood sugar and cholesterol levels. Fresh fruits & vegetable, whole grains, legumes, nuts, & seeds are good sources.	Funded in part by the US Administration on Aging and The Rhode Island office of Healthy Aging

September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1. Yoga.....9:15 Water Color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:00 Cornhole.....2:00	2. Bone builders.....9:15 Mahjongg.....9:30 NO Keep Moving.....NO POP UP Walk Fit Class.....10:30 Cribbage.....1:00 Knitting.....2:00	3. Chair Yoga.....9:15 Pastel Art.....10:30 Meditation,,.....10:30 Hi Lo Jack.....1:00	4. Mahjongg.....9:00 Bone Builders.....9:15 NO. Keep Moving.....NO Pool Tourney.....12:30 Cribbage.....1:00 Bingo.....1:30
7. Closed in Observance of Labor Day	8. Chair Yoga.....9:15 Water color.....10:30 Move it or lose it... ..11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30 Cornhole.....2:00	9. Closed for Primary	10. ATEL.....BA Chair Yoga.....9:15 Pastel Art.....10:30 Hi Lo Jack.....1:00 Reiki.....BA	11. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Pool Tourney 12:30- 4:00 Cribbage.....1:00 Bingo.....1:30
14. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	15. Mobile Health Clinic .9:00-1:00 Chair Yoga.....9:15 Water color.....10:30 Move it or lose it.....11:00 Zumba Gold.....1:00 Samba.....1:00 Bingo.....1:30 Cornhole.....2:00	16. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	17. Chair Yoga.....9:15 Crafting with Roseann...10:00 Meditation.....10:30 Pastel Art.....10:30 Hi Lo Jack.....1:00	18. Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Cribbage.....1:00 Bingo.....1:30
21. Country Western or Flannel Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	22.- Stripes and Polka dots Chair Yoga.....9:15 Jewelry with Donna.....10:00 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30 Cornhole.....2:00	23. Crazy Sock Day Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00	24. Decades Day Chair Yoga.....9:15 NO Pastel Art.....NO Hi Lo Jack.....1:00 Dinner Trip.....4:00	25. –Hat Day Mahjongg.....9:00 Bone Builders.....9:15 Keep Moving.....10:30 Ice-cream Social.....12:30 Cribbage.....1:00 Bingo.....1:30
28. Co. line dance.....9:30 Sewing Class.....10:00 Hi/ Lo Jack1:00 Scrabble.....1:00	29. Chair Yoga.....9:15 Water color.....10:30 Move it or lose it.....11:00 Samba.....1:00 Zumba Gold.....1:00 Bingo.....1:30 Cornhole.....2:00	30. Bone builders.....9:15 Mahjongg.....9:30 Keep Moving.....10:30 Cribbage.....1:00 Knitting.....2:00		



Tri-County Community Action Agency

Join us for an outreach day to introduce the Mobile Health Clinic and learn how Tri-County can best support our community in the future with access to more than 60 programs and services, including primary medical care, dental and oral health services, mental health and substance use counseling, nutrition education, employment and training services, emergency assistance, family support programs, senior services, victim advocacy and more.

September 15th 9:00am to 1:00 pm

Free Reiki with Carol is back!

Being the kind & loving person that she is, Carol didn't want anyone to go without Reiki if they wanted it.



September 10th
By
appointment

Glocester's Annual Scarecrow Festival

In years past, we participated in the Scarecrow Festival and even won prizes. We took a break for several years, but now wondering if we have interest in forming a group to make a scarecrow entry this year? The event is October 17th, so we would make our scarecrow early October sometime. Please sign up with Melissa if you are interested.



Glocester Senior Center Presents ~The Salem Cross Inn Tour ~ With the Quabbin Reservoir and Hay Ride Wednesday, November 4, 2026

\$169.00 Per Person

Your Motorcoach Will Depart:

**9:15AM - Glocester Senior Center
Returns Approximately - 5:15PM**

Join us for a amazing trip! Upon arrival at the Salem Cross Inn, W. Brookfield MA we will enjoy a Hay Ride on the property. Next, lunch will be served by the fireplace in this beautifully restored 1700s Colonial home. See your Prime Rib roasting to perfection in the open hearth. After lunch is done we will enjoy the beautiful landscapes as we have a one hour guided tour of the Quabbin Reservoir! Delve into the intriguing history of how and why this reservoir was built during the Depression Era.

Come and enjoy this beautiful fall day!

LUNCHEON CHOICES: Old Fashioned Chicken Pot Pie served on a Buttermilk Biscuit or Prime Rib

Please reserve no later than October 4, 2026 No Refunds after October 4, 2026

Contact: Melissa Bouvier (401-567-4557) / Check payable to: Glocester Senior Center
Salem Cross Inn, November 4/Full Payment due & meal choice upon reservation.

Name: _____

Phone: _____ Address: _____

Lunch Choice: _____ Chicken Pot Pie _____ Prime Rib

Emergency Contact:

Name _____ Phone: _____

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

TRIP OPERATED BY BLOOM TOURS