



The Edward King House Senior Center

February 2018 Catalog

www.edwardkinghouse.org

401-846-7426

Many of us had colds and flu over the holidays. Some of those “germs” have migrated into the New Year. As tiredness is a symptom of a cold, going about your usual routine is only going to make this worse and for the sake of you and your friends, rest and stay home when not feeling 100%.

We need to take good care of ourselves ... eat healthy, get enough sleep and set a goal to become more active. I invite you to enroll in an exercise class. A new series of classes will begin late this month. Choose from Tuck and Tone, Tai Chi, Gyrokinesis and eight different Yoga classes.

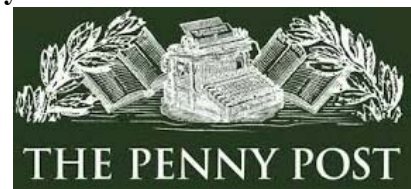
I suggest asking questions about a class before registering. Finding the right “fit” makes the activity worthwhile. Our instructors have the special skills needed for age 50+ folks. Their goals are to help us continue being active, flexible and enjoying all aspects of our lives within our capabilities.

I tried yoga classes unsuccessfully before coming to the King House. Here I’m able to do what works best for me. Some yoga poses are too difficult or cause pain so I just sit and breathe. I’m expected to perform only according to my ability and at my own pace. By asking for class descriptions before enrolling you’ll find the type of workout you’re looking for, too.

We’re planning an indoor Walking Program later this winter. In the meantime, there are two free walking programs available. Newport Hospital invites walkers on Tuesday and Thursday from 11:30-12:30pm. Our neighbor, The Hut, next door has walking on Monday, Wednesday and Friday from 12-1:00pm.

“No matter how slow you go, you’re still lapping everyone on the couch”

Penny Fitch, Board President



FOXWOODS BUS TRIP

Sponsored by

The Park Holm Senior Center



Thursday, February 8, 2018
Leaving the Park Holm Senior
Center Parking Lot at 8am



**Cost is \$20 if you are playing
Bingo and \$5 if you are only
playing slots**



**Fee includes
Transportation but
DOES NOT include lunch**



Foxwoods Registration Form

Name: _____

E-Mail: _____

Phone: _____

() playing Bingo \$20 () playing Slots \$5



\$15/person

**Feb 21st
Wednesday**

HEART & SOUL DINNER **5:30pm**

**WITH LIVE ACCORDION
ENTERTAINMENT**

Menu:

**Carm's Famous
Pasta and Meatballs
and something sweet
for dessert!**



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Name:

Email:

Phone: **\$15 enclosed**

EDWARD KING HOUSE SPECIALTY GROUPS

ARE LOOKING FOR MORE MEMBERS

INTERESTED? CALL 401-846-7426 FOR MORE INFORMATION

Group	Day	Time
Calling All Knitters	Mondays	10:30am to 12pm
Diabetes Support Group	Second Thursday of the Month	1pm
Mah Jong	Tuesdays	12:30pm-3:00pm
Scrabble	Wednesdays	10am to 12pm
Cribbage	Tuesdays	1:00pm to 4pm
Bridge	Thursdays or Fridays	9am to 12pm
Play Reading Group	Tuesdays	6:30pm to 8:30pm
Writing Your Family History	Wednesdays	1:00pm to 3:00pm
What Happens When You Die?	Third Thursday of the Month	5:00pm to 6:30pm

Diabetic Support Group

Thursday, February 8th at 1pm

Free and
Open to the Public



Lunch Anyone!

Come join us for lunch Monday through Friday at Noon.

Call ahead for reservations by 11am the day before. 401-846-7426
A suggested donation of \$3 is all it takes for the best meal in town.

Not to mention
the great company!



AARP will be offering
**FREE Tax
Preparation Services**

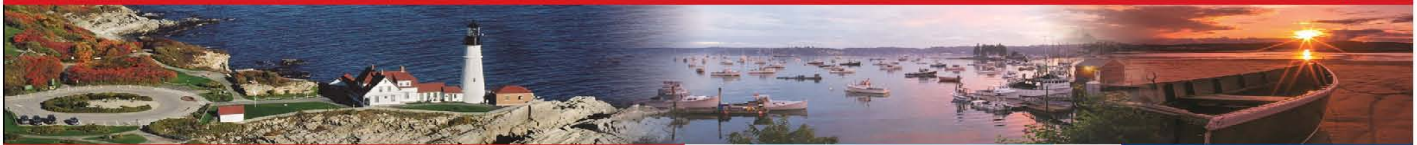
at the Edward King House on
Mondays from 9am-12pm beginning
February 5th.
Walk-Ins Welcome –
No Appointment Necessary.

Call 401-846-7426 for more information

The Edward King
House will be closed on
Monday, February 19th in
observance of President's Day.



Beautiful Maine



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 2 nights lodging
- ◆ 4 meals: 2 breakfasts and 2 dinners
- ◆ Guided Tour of Portland, Maine's largest city-by-the-sea
- ◆ Guided Tour of quaint Kennebunk and Kennebunkport
- ◆ Tour of historic Victoria Mansion
- ◆ Visit to the Seashore Trolley Museum and countryside trolley ride
- ◆ Visit to the L.L. Bean Flagship Store
- ◆ For more pictures, video and information visit: www.GroupTrips.com/EdwardKingHouse

\$350 *

3 DAYS 2 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Wed - Fri)

August

29 - 31, 2018

Departure: The Edward King House, 35 King St, Newport, RI @ 8 am,
then Jamestown Senior Center 6 West St, Jamestown, RI @ 8:30 am

Day 1: Board your spacious, video and restroom equipped motorcoach and set off for beautiful Maine! Visit the Seashore Trolley Museum, where you can enjoy a trolley ride on an authentically restored streetcar through the Maine countryside. This evening, you will have Dinner and check into your accommodations in Maine for a two-night stay.

Day 2: After a Continental Breakfast, take a Guided Tour of the seaside city of Portland. View Longfellow's boyhood home and sea captains' houses, and stop at Portland Head Lighthouse, the most photographed lighthouse in America. Enjoy free time at the historic Portland waterfront, home to unique shops and eateries. Next, tour Victoria Mansion, an elegant historic home featuring spectacular architecture, stunning interiors, and exquisite, original furnishings. This evening, enjoy a Lobster Dinner, and then visit the L.L. Bean flagship store.

Day 3: Today, after a Continental Breakfast, enjoy a Guided Tour of the Maine coastal villages of Kennebunk and Kennebunkport. See Dock Square in Kennebunkport, and follow Ocean Avenue along the Atlantic Ocean. Drive by the estate of President George H.W. Bush at Walker's Point, and see the coastline comparisons of Kennebunk beaches. Explore the gardens and shrines of the Franciscan Monastery. During free time, visit the quaint shops and eateries in downtown Kennebunkport. Then, depart for home... a perfect time to chat with your friends about all the fun things you've done, the great sights you've seen, and where your next group trip will take you!

ADD PEACE OF MIND TO YOUR TRIP...

With Diamond Tours Exclusive Travel Confident® Protection Plan if you have to unexpectedly cancel or cut your plans short. See back for details...

\$75 Due Upon Signing. *Price per person, based on double occupancy. Add \$120 for single occupancy. Final Payment Due: 6/22/2018

FOR INFORMATION & RESERVATIONS CONTACT:

Carmela Geer @ (401) 846-7426

Diamond Tours® inc.
Bringing Group Travel to a Higher Standard®

Fla. Seller of Travel Ref No. ST32973.

Form ID: 6000-3A0406

WM

Tour#: 1424617

() Yes, I would like to take the trip to Maine. I have enclosed my \$75 deposit.

Name: _____

Phone: _____

EMAIL: _____

My Roommate will be: _____

I would like to be a single ()

\$75 deposit will put toward the total cost. Deposit is due upon signing up for the trip. Single Occupancy is available for \$120 more to the total. Checks made out to: Edward King House.



Enjoy the historic
Portland Waterfront



Quaint Kennebunkport



Picturesque Portland




See the Portland Head
Lighthouse

February 2018

\$3.00 Suggested Donation

Call 846-7426 to make your reservation!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p>	<p>Reservations must be made one day in advance</p> <p>Mon.-Fri. only 9:00 am-11:00 am 846-7426</p>			
<p>5 Chili Soup Italian Sausage Seasoned Shells Roasted Peppers and Onions Sport Bar Multi Grain Bread <i>(Tuna on Multi Grain)</i></p>	<p>6 Vegetable Soup Chicken Marsala O'Brien Potatoes Winter Blend Vegetables Fresh Fruit Wheat Bread <i>(Turkey and Cheese on Wheat)</i></p>	<p>7 Low Sodium V8 Beef Stroganoff Mashed Potatoes Mixed Vegetables Lemon Pudding Garlic Bread <i>(Pulled Pork on a Roll)</i></p>	<p>1 Italian Wedding Soup Veal w/ Mushroom Gravy Oven Roasted Potatoes California Blend Vegetables Fresh Fruit Wheat Bread <i>(Salmon Salad on Wheat)</i></p>	<p>2 White Chowder Florentine Fish Garlic Mashed Potatoes Sliced Carrots Pudding Dinner Roll <i>(Meatloaf on Italian)</i></p>
<p>12 Split Pea Soup Baked Ham w/ Pineapple Ring/ mustard Sweet Potatoes Mixed Vegetables Butterscotch Pudding Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>13 Chicken and Brown Rice Soup Shepard Pie Spinach Garlic Roll Fresh Fruit <i>(Seafood Salad on Rye)</i></p>	<p>14 Pasta and Bean Soup Baked Fish w/ crumb topping/ lemon wedge Rice Pilaf Green Beans Coffee Cake Marble Bread <i>(Chicken Salad w/ Cranberry and Walnuts on Marble)</i></p>	<p>15 Birthday Celebration Barley Vegetable Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Frosted Cupcake Pumpnickel Bread <i>(Honey Ham & Cheese on Pumpnickel)</i></p>	<p>16 Minestrone Soup Yankee Pot Roast w/ Gravy Parslled Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread <i>(Shrimp Salad on Oatmeal)</i></p>
<p>19 CLOSED President's Day</p> 	<p>20 Cream of Spinach Soup Chicken Cacciatore Roasted Potato Mixed Vegetables Sliced Peaches Dinner Roll <i>(Meatball Sub)</i></p>	<p>21 Moroccan Lentil Soup Low Sodium Hot Dog Baked Beans Cole Slaw Chocolate Pudding Wheat Bread <i>(Turkey and Swiss on Wheat)</i></p>	<p>22 Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Spurmoni Multi Grain Bread <i>(Tuna Salad on Multi Grain)</i></p>	<p>23 Red Chowder Seafood Casserole Oven roasted sweet potatoes Broccoli Cuts Fresh Fruit Rye Bread <i>(Salami/ Provolone on Rye)</i></p>
<p>26 Egg Drop Soup Chicken Chow Mein Crunchy Noodles Asian Blend Vegetables Shortbread Cookies Marble Bread <i>(Egg Salad on Marble)</i></p>	<p>27 Potato & Leek Soup Oven Roasted Turkey w/ Gravy Stuffing Normandy Blend Vegetables Sherbet Pumpnickel Bread <i>(Corned Beef on Pumpnickel)</i></p>	<p>28 Beef Barley Soup Fried Steak w/ Country Gravy Mashed Potato Tomato Half Fresh Fruit Rye Bread <i>(Ham Salad on Rye)</i></p>	<p>February Salad Option Ham - Tomatoes Hard Boiled Egg - Cuke Spinach/Iceberg Blend Light Ranch Dressing</p>	<p>Thank you for your donations. Your donations help keep the Program going. All menu items may contain nuts, seeds, beans, wheat bran + other allergens</p>



An important message from your local SHIP counselors!

With the New Year having arrived, you will be paying more at your pharmacy if your new part D plan has a deductible and if you are not at the preferred pharmacy for your part D plan.

If you have questions about your preferred pharmacy, or your deductibles, SHIP Counselors are at every Senior Center in Newport County.



We can inform you of the preferred pharmacy for your plan, what the prices should be on your

medications, we might be able to assist you in finding pharmacy discount cards or manufacturers coupons, we can tell you if or when you will reach the donut hole, how long you will be there, and how much your medications will cost while in the donut hole.

It is important for you to advocate for yourself and be well informed. If you find that you can no longer afford a certain prescription, talk to your doctor about changing it or getting samples.

NEVER abruptly stop taking any of your medications!

SHIP counseling is available at the Edward King House every Wednesday from 11am-2pm and the Middletown Senior Center on Thursdays from 1pm-4pm

No appointment is necessary.

Please always remember to bring your Social Security Card, your current health insurance cards, and a list of your medications.

The Senior Ctr
At the Edward King House
35 King Street
Newport, RI 02840

Save the Date

Auditions for EDUCATING RITA Sunday, February 18th and Monday, February 19th

Center Closed Monday, February 19th for President's Day

What Happens When you Die? Thursday, February 15th & March 15th at 5pm

EKH Winter Session 2 Registration February 20th to February 23rd

NOTE: Registration Forms will not be mailed. They will only be available at the Center on ONLINE!

EKH Winter Session 2 Classes Begin Monday, February 26th

St., Patrick's Silver Tea March 11, 2018

Peggy Cappy Returns to EKH March 23 & 24, 2018