



The Edward
King House
Senior Center

*January 2018
Catalog*

www.edwardkinghouse.org

401-846-7426



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



Happy New Year Luncheon

at the Atlantic Resort Newport on Aquidneck
Avenue in Middletown | 12:30 pm | Friday, January
19th | \$25 per person | Reservations are a must! |
Call us at 401-846-7426 to make your reservation
today. Choice of Chicken or Scrod.

EKH January Meet-Up

PosterMyWall.com

() Yes, I would like to attend the New Years Luncheon.

Name: _____

Phone: _____

EMAIL: _____

of tickets _____ X \$25 = _____ enclosed I would like _____ Baked Scrod _____ Atlantic Chicken

Make checks payable to : Edward King House (no online ticketing available for this event)

THE EDWARD KING HOUSE AND
BLENHEIM NEWPORT PROUDLY PRESENTS

LU AU

NIGHT at the EKH

WEDNESDAY, JANUARY 24th at 5:30pm

**LIVE MUSIC - Steel Drums w/George Zecher &
DINNER | COST \$10**

SPONSORED BY BLENHEIM NEWPORT

Call 401-846-7426 to make your reservation

PosterMyWall.com

() Yes, I would like to attend the EKH Luau.

Name: _____

Phone: _____

EMAIL: _____

of tickets _____ X \$10 = _____ enclosed

Make checks payable to : Edward King House (no online ticketing available for this event)

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, January 11th at 1pm

Free and
Open to the Public

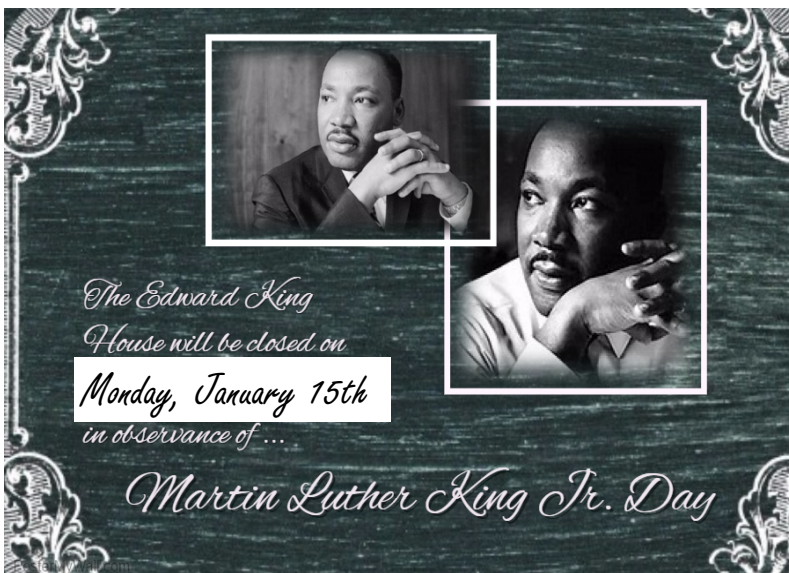


Lunch Anyone!

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!



The Edward King
House will close at 12pm
Friday, January 19th.



Have Trouble Getting A R O U N D ?

Participate in a short survey and help shape the future of transportation for seniors on Aquidneck Island. Your feedback is priceless!

WEDNESDAY, JANUARY 24th at 10:30am

(Refreshments will be provided)



Sponsored by The Edward King House Senior Center

() Yes, I would like to attend the Transportation Survey.

Name: _____

Phone: _____

EMAIL: _____

FREE OF CHARGE

January 2018

Call 846-7426 to make your reservation today!

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED <i>Happy New Year!</i>	2 Barley Soup Meatloaf w/Gravy Mashed Potatoes Broccoli Peaches Rye Bread <i>(Honey Ham & Cheese on Rye)</i>	3 Pasta & Bean Soup Chicken Leg Quarter Baked Potato w/Sour Cream California Blend Vegetables Pudding Oatmeal Bread <i>(Egg Salad on Oatmeal Bread)</i>	4 Chicken Soup Roast Pork Loin w/ Applesauce Mashed Sweet Potatoes Cauliflower Cookies Roll <i>(Chicken Salad on Roll)</i>	5 Clear Chowder Seafood Newburg Seasoned Brown Rice Capri Blend Vegetables Ice Cream Wheat Dinner Roll <i>(Pastrami & Swiss on Roll)</i>
8 100% Juice Turkey Chili w/Low Fat Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail <i>(Hamburger on a Bun)</i>	9 Tomato Vegetable Soup Chicken w/Artichokes/ Roasted Peppers in Lemon Sauce Mashed Potatoes Green Beans Pudding Pumpernickel Bread <i>(Italian Tuna / Pumpernickel)</i>	10 Chicken Soup w/Anci de Pepe Knockwurst w/Mustard Boiled Potatoes Carrot & Cabbage Mix Jello Wheat Bread <i>(Sliced Chicken w/Cheese on Wheat)</i>	11 Red Chowder Country Crisp Fish w/Tartar Rice Pilaf Scandinavian Blend Vegetables Brownie Marble Bread <i>(Meatloaf on Marble)</i>	12 100% Orange Juice Fruit Stuffed Pancakes w/ Syrup Baked Ham Tomato Half Yogurt <i>(Fish Sand on Bun)</i>
15 CLOSED Martin Luther King, Jr. Day	16 Vegetable Soup Chicken Stuffed with Broc/ Cheese w/ Gravy Oven Roasted Potato Mixed Vegetables Ice Cream Marble Bread <i>(Egg Salad on Marble)</i>	17 Italian Wedding Soup Pot Roast w/Gravy Garlic Mashed Potatoes Asparagus Fresh Fruit 9-Grain Bread <i>(Seafood Salad on 9 Grain)</i>	18 <u>Happy Birthday</u> Tomato Soup w/Brown Rice Airline Chicken Pasta w/ Pesto Sliced Carrots Frosted Cupcake Wheat Bread <i>(Tuna on Wheat)</i>	19 No Lunch Served Due to Center Event
22 Onion Soup w/CROUTONS Shepherds Pie w/Ketchup Prince Edward Blend Vegetable Italian Ice Garlic Roll <i>(Turkey & Cheese on Wheat)</i>	23 Vegetable Soup Turkey Meatloaf w/ Cranberry Chutney Sweet Potato Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef & Swiss /Marble)</i>	24 Chicken Soup BBQ Pulled Pork Baked Beans Vegetable Medley Fresh Fruit Multi Grain <i>(Chicken Salad/w/ Cranberry/ Walnuts on Multi Grain)</i>	25 Kale & Bean Soup American Chop Suey Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding Rye Bread <i>(Ham Salad on Rye)</i>	26 Cream of Broccoli Soup Chicken Cutlet w/ Lite Gravy Buttered Corn Zucchini Sour Cream Coffee Cake Wheat Bread <i>(Hot Dog on Bun)</i>
29 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf Brussel Sprouts Sliced Peaches Oatmeal Bread <i>(Tuna on Oatmeal)</i>	30 Chicken Soup Liver & Onions w/Gravy Oven Roasted Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread <i>(Chicken Salad Pumpernickel)</i>	31 Escarole and Bean Soup Meatballs w/ Sauce Seasoned Wheat Ziti Tossed Salad w/ Dressing Ice Cream 9-Grain Bread (Ham Salad on 9-Grain)	<u>Reservations must be made one day in advance</u> <i>From 9:00-11:00am</i> Monday –Friday Only 846-7426	Salad of the Month Grilled Chicken Tomato-CROUTONS- Parmesan Cheese Spinach/Lettuce Blend Caesar Dressing



EDWARD KING HOUSE SENIOR CENTER

SENIOR PROGRAMMING Winter Session 1~2018 ** REGISTRATION FORM

Name			Daytime Phone:	
Address				
City/State/ Zip				
Cell Phone:		E-Mail		

Circle all that apply:	Time	Date	Cost
Intermediate Yoga (Monday)	9:00-10:00am	1/8, 1/22, 1/29, 2/5,2/12	\$20 member/ \$30 non-member
Tuck and Tone (Monday)	9:30-10:30am	1/8, 1/22, 1/29, 2/5,2/12	\$20 member/ \$30 non-member
Tai Chi (Monday)	10:30-11:30am	1/8, 1/22, 1/29, 2/5,2/12	\$20 member/ \$30 non-member
Chair Yoga - Advanced (Tuesday)	9:00-10:00am	1/9, 1/16, 1/23, 1/30, 2/6, 2/13	\$24 member/ \$36 non-member
Gentle Yoga (Tuesday)	9:00-10:00am	1/9, 1/16, 1/23, 1/30, 2/6, 2/13	\$24 member/ \$36 non-member
Chair Yoga (Tuesday)	10:30-11:30am	1/9, 1/16, 1/23, 1/30, 2/6, 2/13	\$24 member/ \$36 non-member
Drawing and Painting (Tuesday)	12:30-2:30pm	1/9, 1/16, 1/23, 1/30, 2/6, 2/13	\$36 member/ \$48 non-member
Gyrokinesis (Tuesday)	4:00pm- 5:00pm	1/9, 1/16, 1/23, 1/30, 2/6, 2/13	\$24 member/ \$36 non-member
Intermediate Yoga (Wednesday)	9:00-10:00am	1/10, 1/17, 1/24, 1/31, 2/7, 2/14	\$24 member/ \$36 non-member
Tuck and Tone (Wednesday)	9:30-10:30am	1/10, 1/17, 1/24, 1/31, 2/7, 2/14	\$24 member/ \$36 non-member
Chair Yoga- Advanced (Thursday)	9:00am- 10:00am	1/11, 1/18, 1/25, 2/1, 2/8, 2/15	\$24 member/ \$36 non-member
Gentle Yoga (Thursday)	9:00am- 10:00am	1/11, 1/18, 1/25, 2/1, 2/8, 2/15	\$24 member/ \$36 non-member
Chair Yoga (Thursday)	10:30am- 11:30am	1/11, 1/18, 1/25, 2/1, 2/8, 2/15	\$24 member/ \$36 non-member
Tai Chi (Thursday)	10:30am- 11:30am	1/11, 1/18, 1/25, 2/1, 2/8, 2/15	\$24 member/ \$36 non-member
		total	\$

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

Save the Date

AARP Tax Aide Service	MONDAYS from 9am to 12pm beginning February 5th
Auditions for EDUCATING RITA	Sunday, February 18th and Monday, February 19th from 2-5pm & 7-9pm
Center Closed	Monday, February 19th for President's Day
EKH Winter Session 2 Classes Be- gin	Monday, February 26th
EKH Winter Session 2 Registration	February 20th to February 23rd
SHIP Counseling	Every Wednesday 11am to 2pm - no appointment necessary
Valentines Dinner	Wednesday, February 7th
What Happens When you Die?	Thursday, January 18th and February 15th at 5pm