



The Edward  
King House  
Senior Center

*November 2017  
Catalog*

[www.edwardkinghouse.org](http://www.edwardkinghouse.org)

401-846-7426

# *Save the Date*

Victorian Boutique Sale - December 1st

Holiday Cabaret - December 7th

Holiday Silver Tea - December 10th

Hanukkah Celebration of Light - December 11th

EKH Singers Holiday Concert - December 15th





Blenheim-Newport

*A Benchmark Senior Living Community*

# Eat, Drink & Be . . .

## THANKFUL DINNER

November 7th


5:30PM - 7:30PM

Music by Mark Gorman

\$10 per person

Sponsored by Blenheim-Newport

**Traditional Thanksgiving Dinner**



(    ) Yes, I would like to attend the Thanksgiving Dinner.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

EMAIL: \_\_\_\_\_

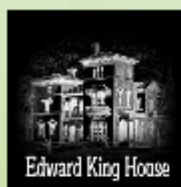
# of tickets \_\_\_\_\_ X \$10 = \_\_\_\_\_ enclosed

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

The Studio at the Edward King House Presents

# RED HOT MAMAS

by David W. Christner



35 King Street  
Newport

**\$10 general admission**

**A brilliant light-hearted comedy  
about that time the in-laws moved in.  
What could go wrong?**

**Friday, Nov 3 @ 7:30pm**

**Saturday, Nov 4 @ 7:30pm**

**Sunday, Nov 5 @ 2:30pm**

**Friday, Nov 10 @ 7:30pm**

**Saturday, Nov 11 @ 7:30pm**

**Sunday, Nov 12 @ 2:30pm**

**Directed by Rob Reimer**

Tickets on sale online at [www.edwardkinghouse.org](http://www.edwardkinghouse.org)  
or call 401-846-7426 to make your reservation.

Seating is limited.



Because no one should  
have to go to bed hungry.

# IT'S A KING THING! FOOD DRIVE

to benefit the Martin Luther King  
Community Center Food Pantry

**November  
6th  
to the  
17th**

The cupboards at the MLK Center could use a little help to feed those in need this Fall Season. Help us by donating what you can. Dried goods like pasta, canned foods and soups, peanut butter, and toiletries. Non-perishable items only please. We thank you for your generosity.

## coffee with Officer Merrie Scott

Wednesday, November 15th  
at 2pm  
at the  
Edward King House  
35 King Steet, Newport

Join us for an informal opportunity to meet and get to know one of Newport's Community Policing Officers over coffee and cake. She will be joined by James Day of the Newport Prevention Coalition to share some important information regarding drug safety. This event is free and open to the public. Call 401-846-7426 to reserve your seat.

Monday, NOV 20th at 5:30pm

# Line Dancing Workshop

\$5 per person  
sign up at 401-846-7426  
or register online at  
[www.edwardkinghouse.org](http://www.edwardkinghouse.org)

This workshop will be sure to keep you movin' and groovin'. We will learn 2 line dances (one country and one contemporary). Beginner friendly and lots of fun. You will dance the hour away in style!

The Edward King House

## Cabaret AUDITIONS

for the 2017 Holiday  
Cabaret



Thursday, November 9th @ 7pm

at the Edward King House

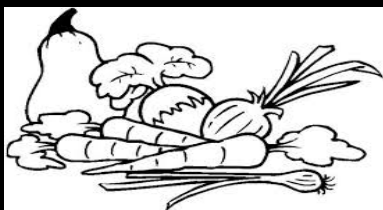
### Singers Wanted!

Under the musical direction of Kristine Wilbur, the Edward King House is looking for singers to perform in its Annual Holiday Cabaret. Singers are asked to bring their own holiday sheet music (please, no recordings). Call us at 401-846-7426 for more information.

This audition is open to the public and all ages!

35 King Street, Newport RI 02840 \* 401-846-7426 ext 1





Is your garden ready to put to bed for another year?

Maybe it's time to consider subscribing to the  
Veggie Box Program.

Boxes are delivered to the King House every Tuesday afternoon.

Choose weekly or every-other-week delivery and enjoy the  
freshest veggies

and fruits all from Rhode Island and nearby farms.

Go to [www.farmfreshri.deliverybizpro.com/register.php](http://www.farmfreshri.deliverybizpro.com/register.php)

Select Edward King House as the **delivery site**.

Delivered on Tuesdays 3:00 – 4:00 pm

For more information or questions contact

Penny Fitch @ [npt.rainbow@verizon.net](mailto:npt.rainbow@verizon.net) or 808-4739.

Vouchers for Farmer's Market are now  
available!

Please see Anna for more details.

You must be 60 or over to participate.

Only one booklet of vouchers per  
person for the season.

## 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!

## Diabetic Support Group

Thursday, November 9th at 1pm

Free and

Open to the Public



The Edward King  
House will close at 2pm on  
Wednesday, November 22nd.

The Edward King House will be  
closed on Thursday and Friday,  
November 23rd and 24th to

celebrate the  
Thanksgiving  
Holiday.



## STAYING WELL

Book Talk Event

With Beth Kerr


Author and founder of Senior Fit Solutions

**Monday, November 13th**

**5:30 to 6:30pm**

Free and Open to the Public

Come hear about Beth's program  
health and wellness



**CALL 846-7426 ext 3 to make your appointment today!!!**



**"We found  
lower co-pays,  
and a free  
wellness visit."**



**"New plan,  
same doctor."**



**"I found a  
better deal on  
prescriptions."**

## **WHAT WILL YOU FIND DURING MEDICARE OPEN ENROLLMENT?**

You'll never know unless you go. Have you compared plans yet? See if you can lower some costs or find a plan that better suits your needs. Many people do. Even if you like your current plan, check to see if the costs or coverage are changing at [medicare.gov](http://medicare.gov). Or call 1-800-MEDICARE for help.



Like Medicare? 'Like' us on Facebook!

**Medicare Open Enrollment Oct. 15–Dec. 7**

**WWW.MEDICARE.GOV**  
**1-800-MEDICARE (TTY 1-877-486-2048)**



## 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

**YOU  
CAN HELP**  
When an  
emergency strikes

Free Red Cross Training for  
those interested in serving at  
our regional emergency  
shelter.

Reserve your spot  
online at  
[www.edwardkinghouse.org](http://www.edwardkinghouse.org)  
or call  
**401-846-7426 ext 1**



American  
Red Cross

**Tuesday  
November 14th  
at the  
Edward King House  
35 King Street, Newport**



EVERYONE IS WELCOME:  
training on working with special populations at 4pm  
Pizza supper break at 5pm  
FUNDAMENTALS OF SHELTERING at 6pm



# VICTORIAN BOUTIQUE HOLIDAY SALE



**Hosted by the Edward King House**

**Friday, December 1, 2017**

**2:00-7:00pm**

**Admission is Free and Open to the Public**

**Listed in the Christmas In Newport Calendar**

**Rental for Tables \$25 for a six foot table or \$50 for extra large table (only 2 available).**

**For more information contact**

**Carmela at (401) 846-7426 or at [info@edwardkinghouse.org](mailto:info@edwardkinghouse.org)**

**To reserve a table fill out the form below and remit with payment to the  
Edward King House at 35 King Street, Newport**

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## Victorian Boutique Holiday Sale Table Rental Form

Name: \_\_\_\_\_

Description of items to be sold:

\_\_\_\_\_  
\_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

AARP in Rhode Island will host a series of free TEK (Technology Education & Knowledge) workshops designed to teach the 50-plus everything from the basics to advance use of new technologies, such as smart phones and tablets. The workshops will cover everything from taking photos, using the latest apps and staying safe online.



## AARP in Rhode Island Offers Free TEK Workshops

### Schedule of workshops:

11:00AM - 12:30PM Intro to Android Tablets  
1:30PM - 2:30PM Beyond the Basics  
3:30PM - 4:30PM Online Safety  
5:30PM - 6:30PM Sharing Safely on Facebook

DEC 4th

### Location: Edward King House

Space is limited to 40 participants and advanced registration is required by calling 1-866 - 591- 8105.



## Senior Portraits

By  
Joseph  
Bashour

Black Background ONLY

Tuesday &  
Thursday,  
November 14th &  
15th 10am to 3pm

\$10 donation to  
the Edward King House  
per person to  
receive a  
complimentary  
8x10 portrait  
additional orders may be made with the  
photographer when the initial portrait is  
received.

BY APPOINTMENT ONLY  
Call 401-846-7426




\$3.00 Suggested Donation

401-846-7426

One day advance reservations required from 9:00-11:00am

# November 2017

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><b>6</b> 100% Grape Juice Turkey Chili w/ Cheese Corn Bread Salad w/Dressing Pineapple Chunks <i>(Hamburger on a Roll)</i></p>	<p><b>7</b> Low Sodium Onion Soup Swedish Meatballs Seasoned Whole Wheat Pasta Green Beans Cookies Marble Bread <i>(Shrimp Salad on Marble Bread)</i></p>	<p><b>8</b> Lentil Soup Roast Pork Loin w/ Applesauce Mashed Sweet Potatoes Mixed Vegetables Fresh Fruit Rye Bread <i>(Italian Grinder)</i></p>	<p><b>9</b> <u>Veterans Day Celebration</u> Beef Vegetable Soup Chicken Cordon Bleu w/ Gravy Rice Pilaf Florentine Blend Vegetables Ice Cream Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p><b>10</b>  NO LUNCH SERVED</p>
<p><b>13</b> Escarole and Bean Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Tips Diced Peas Multi Grain Bread <i>(Tuna on Multi Grain)</i></p>	<p><b>14</b> Minestrone Soup Pot Roast w/ Gravy Oven Roasted Potatoes Sliced Carrots Seasonal Fresh Fruit Marble Bread <i>(Chicken Salad on Marble)</i></p>	<p><b>15</b> Egg Drop Soup Seafood Chow Mein Crunchy Noodles Asian Blend Vegetables Mandarin Oranges Wheat Dinner Roll <i>(Meatball Grinder on a Roll)</i></p>	<p><b>16</b> <u>Birthday Celebration</u> Kale &amp; Bean Soup Stuffed Pepper w/ Sauce Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami on Rye)</i></p>	<p><b>17</b> <u>Thanksgiving Dinner</u> Italian Wedding Soup Roast Turkey w/ L S Gravy Corn Bread Stuffing Seasoned Spinach Pumpkin Pudding Cranberry Sauce Dinner Roll <i>(Roast Beef on a Roll)</i></p>
<p><b>20</b> Beef Barley Soup Tuna Salad Beet &amp; Onion Salad Tortellini Salad Shorthread Wafer Pumpnickel Bread <i>(Egg Salad on Pumpnickel)</i></p>	<p><b>21</b> Vegetable Soup Chicken Cacciatore Whole Grain Pasta Broccoli Fresh Fruit Wheat Bread <i>(Salami &amp; Provolone on Wheat)</i></p>	<p><b>22</b> Tomato &amp; Brown Rice Soup Shepherds Pie Brussels Sprouts Coffee Cake Rye Bread <i>(Chicken Salad on Rye)</i></p>	<p><b>23</b> <b>CLOSED</b> Thanksgiving Day </p>	
<p><b>27</b> 100% Cranberry Juice Low Sodium Hot Dog w/ Mustard Baked Beans Mixed Vegetables Peach Half Naan Bread <i>(Italian Tuna on Naan Bread)</i></p>	<p><b>28</b> Chicken Soup Roasted Chicken Leg Quarter Rice Pilaf California Blend Vegetables Lemon Pudding Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p><b>29</b> White Chowder Potato Crusted Fish Red Bliss Mashed Potatoes Capri Blend Vegetables Baked Cinnamon Apples Multi Grain Bread <i>(Ham Salad on Multi Grain)</i></p>	<p><b>30</b> Pasta &amp; Bean Soup Meatballs w/ Sauce Baked Lays Chips Roasted Peppers &amp; Onions Ice Cream Whole Wheat Bread <i>(Seafood Salad on Whole Wheat)</i></p>	<p><b>Salad for the Month</b> Lettuce / Spinach Blend Sliced Turkey Tomato Craisins Walnuts Balsamic Dressing</p>



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

NON-PROFIT ORGANIZATION  
U.S. POSTAGE  
PAID  
NEWPORT, RI 02840  
PERMIT NUMBER 194

The card features a rustic, textured background. In the bottom left corner, there is a cluster of autumn-themed decorations including two small white pumpkins with dark green stripes, several bright orange and red maple leaves, and some dried, fuzzy seed pods. The main text is written in elegant cursive. The top line, 'Happy Thanksgiving', is in a large, golden-yellow font. Below it, a quote in a smaller, reddish-brown font reads: 'May the warmth of Thanksgiving richly fill your heart and home'. The quote is enclosed in quotation marks. In the bottom right, the sender's name is written in a simple black cursive font.

*Happy Thanksgiving*  
*"May the warmth of  
Thanksgiving richly fill  
your heart and home"*

*From your family and friends at  
the Edward King House*