

Edward King House Senior Center

**Catalog for
September and October**

2016



The Newport Senior Center at the Edward King House provides an active and enriching environment in a warm, welcoming, attractive setting for residents of Newport County fifty years of age or older. Membership includes exercise classes, health and wellness workshops, various educational programs and social events. The center provides supportive services attuned to the diverse needs of today's senior adult.

See what's inside:

- EKH Class Registration
- Senior Week Schedule
- Senior Life Listings



The Penny Post

I'm already hearing the buzz from folks looking forward to the fall exercise classes and learning opportunities from the Circle of Scholars. I'd like to challenge all of you to add another learning opportunity to your schedule this fall.

Barry and I spend a lot of time on our sailboat and enjoy looking at all the boat names. Years ago we saw a beautiful boat named "*Synergy*". When we returned home I looked up that word in the dictionary. It means "producing a combined effect greater than the sum of the separate parts or effects". It simply means that $1+1=3$. To insure that no classes, lectures or events will be cancelled this fall, sign up for just *one more event* and experience the benefit of "*synergy*" in your life.

. Senior Week (September 12-16) is on the horizon. A variety of interests are included in the lineup. Bring a friend to the Transportation Expo, Senior Expo and Meet the Instructors Reception. And let's eat cake" twice on September 15th—once at the Birthday Lunch and again at Cake and Politics where you can Meet the Candidates and don't miss the Gallery Show, Book Fair and so much more.

Read the Fall Course Catalogs, sign up early and meet my challenge to put some *synergy into your life* this fall at the Edward King House.

Penny Fitch, Edward King House Board President

From The Director's Chair

Well my friends, you might have noticed a different look for our Fall mailing. It seems that the newsletter does quite grab the attention of our members as we would like. So, here you have it, all the EKH information you could possibly want in catalog format.

You will notice that even our free offerings have a registration form. Please be kind enough to use them as it will help us to better prepare for the number of people to participate.

It's time to celebrate being a senior again this month with special senior week activities and of course, October brings our very popular Annual Cocktail Party. It's a must attend event!

But there is so much more, you will have to read each and every page. Classes begin the week of September 19th. Be sure to sign up today!

We are looking forward to another wonderful Fall Season. Won't you come join us?

Sincerely Yours,
Carm



Intermediate Yoga with Zulekha Ludwig

It is necessary to have some experience with yoga before you take intermediate yoga. Continue to explore the fundamentals of yoga as you learn to breathe and move deeply from within. Practice light movements with consciousness to build strength, balance, and flexibility and inner peace.

PLEASE BRING YOUR OWN MAT

Drawing and Painting with Jeanine Bestoso

Students bring the medium of their choice to work under the guidance of long time EKH Drawing and Painting instructor Jeanine Bestoso. Participants are encouraged to bring their own tools needed to hone their skills and learn something new.

Strength & Flexibility Class w/Beth Kerr

The class will focus on simple exercises that increase flexibility, range of motion and muscle and core strength, creating more fluid motion and balance for activities for daily living.

PLEASE BRING YOUR OWN MAT

Writing our Family History for Beginners With Florence Arhcambault

This class is designed to acquaint you with ways to record your family history. It is not a genealogy class, but rather, a means to preserve your family's history for your descendant's so that they may know where they came from and why they have some of the traits they have. There will be instructions on getting started, tricks to use to jog your memory, and the ways you can organize your material. You do not need to be a writer to participate but you will be expected to bring something each week to share. Class size is limited to seven members.

Beginners Gyrokinesis w/Katie Moorhead

For beginners, this program is intended to combine the idea of yoga, Pilates, and other bendy and stretchy activities, and combining those into one technique. This program is especially beneficial to those seniors looking to relieve stress, back pain and achy muscles.

Chair Yoga with Lynne Glickman

Chair Yoga isn't just for seniors. Are you recovering from an injury that limits your mobility? Do you have a disability but still need to keep your body and mind active? Are you a senior citizen looking to keep your body in the best condition possible? You can perform most yoga postures, breathing techniques, and meditation and relaxation techniques all from a chair!! All levels Welcome.

PLEASE BRING YOUR OWN MAT

Gentle Yoga with Nina Braga

A calming, stress-relieving yoga class to stretch and strengthen the body gradually. Emphasis is on building awareness of the breath and the body. Postures are practiced at a slower pace with attention to alignment and detail. Recommended for all levels looking for a soothing, relaxing, and restorative experience, especially those newer to yoga or working with special concerns or injuries.

PLEASE BRING YOUR OWN MAT

Tai Chi with Jesse Harding

Tai-Chi is based on the ancient Chinese method of working on self healing through the use of breathing and movement. Tai-Chi improves stress response and enhances energy.

Play Reading with Lindy Nettleton

Meet others who enjoy reading plays. Remember: There are no small parts only small actors. Sit in a circle and read from Shakespeare or Shepherd. No acting required but ham as you please.

Zumba Gold with Cheryl Kearns

Zumba Gold is based on the same dance moves used in the original Zumba class. The Gold class, however, is less intense, with dance routines designed for beginners and older adults using modified movements.

Writing Your Family History with Florence Archambault

This class is composed of students who are already involved in writing their family histories. Participants bring a written account to be read and discussed among the group. It is not a genealogy class but a place where you can record your family's history for future generations.

Re-Imagining Your Life with Paula Avena

Are you feeling stuck? Is there a little voice nudging you to do something new? Is there something you always wanted to do? Retired and asking, now what? Using life coaching tools and techniques in a supportive group we can help you focus and overcome obstacles that thwart your dreams. Have no dreams? We can help you explore and find your hidden desires.

Tuck and Tone with Cheryl Kearns

This class will incorporate utilizing pelvic tilt for stability and core training/light weights for toning overall body muscles. All levels welcome.

PLEASE BRING YOUR OWN MAT

EKH Singers with Kristine Wilbur

The senior chorus was established to provide seniors with a comfortable environment to sing and perform. Sessions include vocal technique, singing and performing for members. The chorus performs a repertoire from the American Song Book. Auditions are ongoing and new members are always welcome and encouraged to join!

Beginners Bridge with Nadine Harris

A hands-on introduction to the great game of contract bridge. It's a simple game, but its endless possibilities will addict you to it for life. The rules of the game itself can be learned in minutes, but learning how to bid competitively with a partner takes time to master.

Ripped From The Headlines Current Affairs Meet-up Group

This is a varied group interested in Current affairs (both local and state) and other general conversational matter's. The group will be facilitated by a moderator and open discussion is a must.

Beginners Knitting w/Dianne Dallmeyer

This is a beginner knitting class. You will learn how to cast on, knit, purl, bind off, increase and decrease. You will learn the simple stockinette stitch. This will be an excellent introduction to learning knitting. We will start learning to knit with 2 very simple washcloths. Then we will start on a scarf for Winter which can be personalized with different color combinations. Depending on interest, we may have time for some holiday knitted items. Knitting is very calming and can help arthritis in the hands. Some inexpensive starting materials can be purchased at Michaels.

Sign up on their website and you will get coupon for discounts up to 50% on single items. You will also find out when yarn and knitting items go on sale.

For class 1: Students will need 1 ball of Lily Peaches & Cream which is a cotton yarn from Michaels which is \$1.99 regular price. I have some that I bought on sale for \$1.25 and \$1.00. Students will need 1 set of straight knitting needles size 7 which are \$3.99 regular price and a darning needle - plastic for \$.99 or steel for \$1.99.





EDWARD KING HOUSE SENIOR CENTER

SENIOR PROGRAMMING FALL Session 1~2016 ** REGISTRATION FORM
Register ONLINE at www.edwardkinghouse.org

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

Circle all that apply:	Time	Date	Cost
Intermediate Yoga (Monday)	9:00am-10:00am	9/19, 9/26, 10/3, 10/17, 10/24	\$20 member/ \$30 non-member
Tuck and Tone (Monday)	9:30am-10:30am	9/19, 9/26, 10/3, 10/17, 10/24	\$20 member/ \$30 non-member
Drawing and Painting (Monday)	10:30am-12:30pm	9/19, 9/26, 10/3, 10/17, 10/24	\$30 member/ \$40 non-member
Strength and Flexibility (Monday)	11:15am-12:15pm	9/19, 9/26, 10/3, 10/17, 10/24	\$20 member/ \$30 non-member
Writing Your Family History for Beginners (Monday)	1:00pm-3:00pm	Mondays Beginning 9/19	FREE
Beginner's Gyrokinesis (Monday)	4:00pm-5:00pm	9/19, 9/26, 10/3, 10/17, 10/24	\$20 member/ \$30 non-member
Chair Yoga 1 (Tuesday)	9:00am-10:00am	9/20, 9/27, 10/4, 10/11, 10/18, 10/25	\$24 member/ \$36 non-member
Gentle Yoga (Tuesday)	9:00am-10:00am	9/20, 9/27, 10/4, 10/11, 10/18, 10/25	\$24 member/ \$36 non-member
Chair Yoga 2 (Tuesday)	10:30am-11:30am	9/20, 9/27, 10/4, 10/11, 10/18, 10/25	\$24 member/ \$36 non-member
Tai Chi (Tuesday)	10:30am-11:30am	9/20, 9/27, 10/4, 10/11, 10/18, 10/25	\$24 member/ \$36 non-member
Play Reading Group (Tuesday)	6:30pm-8:30pm	Tuesdays Beginning 9/20	FREE
Intermediate Yoga (Wednesday)	9:00am-10:00am	9/21, 9/28, 10/5, 10/12, 10/19, 10/26	\$24 member/ \$36 non-member

Go to flip side of page →

Zumba Gold (Wednesday)	9:30am-10:30am	9/21, 9/28, 10/5, 10/12, 10/19, 10/26	\$24 member/ \$36 non-member
Beginner's Bridge (Wednesday)	10am-11am	9/28, 10/5, 10/12, 10/19, 10/26, 11/2	FREE
Beginner's Knitting (Wednesday)	1pm-2pm	Beginning September 14th	FREE (participants MUST purchase their own materials)
Ripped From The Headlines Group (Wednesday)	3:00-4:30pm	Beginning September 21st	FREE
Writing Your Family History (Wednesday)	1:00pm-3:00pm	Wednesdays Beginning 9/21	FREE
Chair Yoga 1 (Thursday)	9:00am-10:00am	9/22, 9/29, 10/6, 10/13, 10/20, 10/27	\$24 member/ \$36 non-member
Gentle Yoga (Thursday)	9:00am-10:00am	9/22, 9/29, 10/6, 10/13, 10/20, 10/27	\$24 member/ \$36 non-member
Chair Yoga 2 (Thursday)	10:30am-11:30am	9/22, 9/29, 10/6, 10/13, 10/20, 10/27	\$24 member/ \$36 non-member
Tai Chi (Thursday)	10:30am-11:30am	9/22, 9/29, 10/6, 10/13, 10/20, 10/27	\$24 member/ \$36 non-member
Re-Imagining Your Life (Thursday)	11:00am-12:00pm	10/6, 10/13, 10/20, 10/27	\$20 per person
Tuck and Tone (Friday)	9:30am-10:30am	9/23, 9/30, 10/7, 10/14, 10/21, 10/28	\$24 member/ \$36 non-member
EKH Chorus (Friday)	10:45am-11:45am	Beginning September 23rd	FREE

Registration deadline is the Friday before the first class of the session. Classes have been filling up fast. Failure to register in time might mean being closed out of a class. All fees are non-refundable.

Transportation 101 With RIPTA
Monday, September 12th from 10am to 12pm
Open to the Public and FREE



Representative from RIPTA will be available to explain the service currently offered for Seniors and upcoming changes. They will also be available to ensure that senior riders have the appropriate pass to ride. No appointment

THE EDWARD KING HOUSE &
NEWPORT CIRCLE OF
SCHOLARS CORDIALLY INVITE
YOU TO

**meet the
instructor
night!**

**Wednesday, September 14th at 6:00pm
at 35 King Street, Newport**

Come join us for this light reception
to meet and greet our new lineup of
instructors for the 2016 Fall Season.

RSVP to 401-846-7426 or online at
www.edwardkinghouse.org

Farm Fresh Cooking Demonstration



Please join Patricia Roth from Farm Fresh Rhode Island for a cooking demonstration on Wednesday September 14th at 10:15am. We will be celebrating the bountiful harvest of the late summer with a simple and easy recipe that you will get to sample. You will learn about Farm Fresh Rhode Island, and the nutrition and impact of locally grown foods!

Free and Open to the Public



Cake and Politics

Join us for a Meet The Candidates session!

Thursday, September 15th from 1-3pm

Refreshments and local and state candidates will be available.

Free and Open to the Public

Hawaiian Night



Sponsored by Blenheim-Newport

Join us for a delicious Luau Style meal with entertainment by Half Step Down. Call us for a reservation 846-7426

\$20 per person

Voter Information and Registration Session



The General Election is just weeks away. If you haven't registered to vote—now's the time!

The Secretary of State Office will be available to show us the new equipment that will be used at the polling stations. All are welcome!

Wednesday, September 14th from 11am to 2pm



Senior Expo

Thursday, September 15th from 10am to 12pm

Free and Open to the Public

Representatives from a myriad of senior services will be available to share information and resources.

No appointment necessary



Medicare 101

Friday September 16th 10:00 AM to 11:00 AM

WHAT IS MEDICARE?

MEDICARE ELIGIBILITY

THE 4 MEDICARE ENROLLMENT PERIODS

HOW MEDICARE WORKS

HOW TO LOWER YOUR PRESCRIPTION DRUG

CO-PAYS

MEDICARE SUPPLEMENT PLAN BASICS

MEDICARE ADVANTAGE PLAN BASICS

PRESCRIPTION DRUG "DONUT HOLE"

EXPLAINED

WILL MEDICARE PAY FOR LONG TERM CARE

EXPENSES?

Meet the EKH Instructors

Friday, September 16th

11am to 12pm

Join us for an informal meet and greet of some of our

EKH instructors

Refreshments will be served



EDWARD KING HOUSE SENIOR CENTER

SENIOR WEEK~2016 ** REGISTRATION FORM

Register ONLINE at www.edwardkinghouse.org

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

Circle all that apply:		Time	Date	Cost
Transportation Expo		10-12pm	Monday, September 12th	FREE
Farm Fresh Cooking Demonstration		10:30-11:30am	Wednesday, September 14th	FREE
Voter Information and Registration Session		11am to 2pm	Wednesday, September 14th	FREE
Newport Circle of Scholars Meet The Instructor Reception		5:00-6:30pm	Wednesday, September 14th	FREE
Senior Expo		10am-12pm	Thursday, September 15th	FREE
Cake and Politics Reception		1pm-3pm	Thursday, September 15th	FREE
Hawaiian Luau		5-7:30pm	Thursday, September 15th	\$20 per person
Medicare 101		10am-11am	Friday, September 16th	FREE
EKH Instructors Meet & Greet		11am-12pm	Friday, September 16th	FREE
			total	

URI Pharmacy presents

Meds That Make You Dizzy

September 15th at 1:00pm

Many drugs can cross the brain barrier and cause unwanted but common side effects that can negatively impact our daily lives and impair driving, stability, and mobility. Learn about how these medications work and how to decrease unwanted side effects with the help of our pharmacist and doctor.

URI Pharmacy presents

I Am So Tired, I Can't Sleep

October 20th at 1pm

Around 20-40% of adults suffer from sleep disorders over the course of a year. A review of the common causes of insomnia and when to talk to your doctor about it. Learn about effective strategies that can help you catch some zzz's and the various medications to treat insomnia.

Ask the Pharmacist

Thursday, September 15th at 2pm

Thursday, October 20th at 2pm

A licensed pharmacist will be available to answer questions regarding prescription and over the counter medications. No appointment necessary.

Medicare Open Enrollment

Runs from Wednesdays from 11am to 2pm

October 19th to December 7th call now to make your appointment! 401-846-7426



PUBLIC FLU CLINIC

10:30am to 12pm
Services Provided by VNS
No appointment necessary
Open to the public

Volunteers Needed
For EKH Lunch Program And
AARP Tax Aide Program
See Carmela for more details

Near Death Experience Group

Will meet the 3rd Thursday of every month
September 15th & October 20th
5-6:30pm
To explore and learn more about human consciousness
after death.

Knitting For A Cause

Our experienced knitters will meet every Monday
from 10:30 am to 12pm
They will continue to knit lap blankets for the elderly and the
veteran's home



Annual Cocktail Party

Food by the Italian Cousins and Company

Live Music ** Mystery Wine Event

\$25 per person

Make your reservation today online or in person

Saturday, October 15th from 5:30-7:30m



Save The Date

The Studio at the EKH proudly presents

LOVE LETTERS

By A.R. Gurney

Directed by Rob Reimer

Coming in November!!





EDWARD KING HOUSE SENIOR CENTER

SENIOR Life Fall~2016 ** REGISTRATION FORM


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

Circle all that apply:		Time	Date	Cost
Meds That Make You Dizzy		1-2pm	Thursday September 15th	Free
I Am So Tired, I can't Sleep		1-2pm	Thursday, October 20th	Free
Ask The Pharmacist		2-3pm	3rd Thursday of every month	Free
Diabetes Support Group		1-2pm	2nd Thursday of every month	Free
Knitting For A Cause		10:30am- 12pm	Mondays beginning September 19th	Free
Cribbage		1-3pm	Tuesdays	Free
Intermediate Mahjong		1-3pm	Tuesdays	Free
Intermediate Scrabble		10am – 12pm	Wednesdays	Free
Annual Cocktail Party		5:30- 6:30pm	Saturday, October 15th	\$25
Volunteer Opp—Lunch	See Director			
Volunteer Opp—Tax Aide	See Director			
Near Death Experience Group		5-6:30pm	3rd Thursday of every month	Free
VNS Flu Clinic		10:30am- 12pm	Wednesday, October 19th	Free—please bring insurance information
			total	

September 2016

\$3.00 Suggested Donation

Call for reservations

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><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other</i></p>		<p>1 100% Orange Juice Cheese Omelet w/Sliced Tomato Sausage Links Crispy Cube Home Fries Fresh Fruit Cup</p>	<p>2 Minestrone Soup Shepherds Pie Brussel Sprouts Pudding Garlic Stick <i>(Italian Grinder)</i></p>
<p>5</p> <p>CLOSED Labor Day</p> 	<p>6 Pasta & Bean Soup Antipasto Salad/Assorted meats and cheese /Lettuce / dressing Cookies Rye Bread <i>(Sliced Chicken & Cheese on Rye w/ side salad)</i></p>	<p>7 Lentil Soup Salisbury Steak w/Gravy Buttered Noodles Broccoli Cuts Fresh Fruit Whole Wheat Roll <i>(Tuna on Wheat)</i></p>	<p>8 Barley Vegetable Soup Veal Cutlet w/Marinara Sauce Seasoned Whole Grain Ziti Italian Blend Vegetables Italian Ice Italian Bread <i>(Salami & Provolone w/Mustard on Italian Bread)</i></p>	<p>9 Red Chowder Tuna Salad on a bed of Lettuce w/ Tomato/Cucumber / Olives Balsamic Dressing Blueberry Cobbler Multi Grain Bread <i>(Pastrami & Swiss on Multi Grain)</i></p>
<p>12 Chicken Vegetable Soup Pork Loin w/Apple Sauce Rice Pilaf Sliced Carrots Peaches Dinner Roll <i>(Egg Salad on Wheat)</i></p>	<p>13 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetable Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p>14 Vegetable Soup Liver & Onions w/Gravy Mashed Potatoes California Blend Vegetables Fresh Fruit White Bread <i>(Seafood Salad on White Bread)</i></p>	<p>15 HAPPY BIRTHDAY Chicken Escarole Soup French Meat Pie w/Ketchup Green Beans Frosted Cupcake Pumpnickel Bread <i>(Ham Salad on Pumpnickel)</i></p>	<p>16 Seafood Gumbo Soup Potato Crunch Fish w/Tartar Sauce Au Gratin Potatoes 3-Bean Salad Low Fat Yogurt Wheat Bread <i>(Roast Beef & Cheese on Wheat)</i></p>
<p>19 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Raisin Cookie Rye Bread <i>(Tuna on Rye)</i></p>	<p>20 Chicken Soup w/Anci de Pepe Sloppy Joe w/Peppers & Onions Cole Slaw Ice Cream Sandwich Wheat Hamburger Roll <i>(Pulled Pork on Wheat Hamburger Roll)</i></p>	<p>21 Tomato & Brown Rice Soup Chicken w/Artichokes & Roasted Red Peppers in Lite Lemon Sauce Oven Roasted Potatoes Tossed Salad w/Dressing Italian Ice Whole Wheat Bread <i>(Chicken Salad on Whole Wheat)</i></p>	<p>22 100% Juice Beef Stroganoff Buttered Noodles Mixed Vegetables Fresh Fruit Marble Bread <i>(Turkey & Cheese on Marble)</i></p>	<p>23 Broccoli & Cheddar Soup Stuffed Chicken w/ gravy Mashed Potato Prince Edward Vegetable Mandarin Oranges Dinner Roll <i>(Meatball sub on a Roll)</i></p>
<p>26 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Zucchini Apricot Half Oatmeal Bread <i>(Seafood Salad on Oatmeal)</i></p>	<p>27 Split Pea Soup Knockwurst w/Mustard Boiled Potatoes Carrot & Cabbage Mix Tapioca Pudding Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>28 100% Juice Beef Wellington w/Ketchup Brussel Sprouts Tossed Salad w/Dressing Fresh Fruit Wheat Bread <i>(Sliced Chicken & Cheese on Wheat)</i></p>	<p>29 Beef Noodle Soup SOUTHWEST SALAD Grilled Chicken /Lettuce Black Beans/ Corn/Tomato Honey Lime Dressing Garlic Bread Shortbread Cookies <i>(Meatloaf on White Bread)</i></p>	<p>30 Lentil Soup Italian Sausage on Roll Peppers and Onions Carrot Slaw Unsweetened Applesauce Rye Bread <i>(Corned beef & Cheese on Rye)</i></p>

October Menu 2016

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Vegetable Soup Honey BBQ Beef Tips Mashed Potatoes Winter Blend Vegetables Vanilla Pudding Marble Bread <i>(Egg Salad on Marble)</i>	4 Orange Juice Scrambled Eggs Baked Ham Home Fried Potatoes w/ Ketchup Fruited Yogurt	5 Chicken Escarole Soup Stuffed Chicken/ Gravy Oven Roasted Potatoes Green Beans Cookie Wheat Dinner Roll <i>(Pulled Pork on a Roll)</i>	6 Cream of Broccoli Soup Shepherds Pie Asparagus Cuts Diced Peaches Whole Grain Bread <i>(Salami/Cheese Whole Grain-Bread)</i>	7 Onion Soup Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Wheat Bread Watermelon <i>(BBQ Grilled Chicken /Wheat)</i>
10 CLOSED Columbus Day	11 Vegetable Soup Fried Steak /Country Gravy Crispy Potatoes Brussels Sprouts Fruit Cocktail Multi-Grain Bread <i>(Turkey & Swiss on Multi-Grain)</i>	12 Tomato & Brown Rice Soup Sweet & Sour Pork Loin Sweet Potatoes Capri Blend Vegetables Italian Ice Dinner Roll <i>(Tuna Salad on a Roll)</i>	13 Split Pea Soup Meatloaf w/Gravy Mashed Potatoes Mixed Vegetables Coffee Cake Wheat Bread <i>(Chicken Salad w/Walnuts & Cranberries on Wheat Bread)</i>	14 Tossed Salad w/Dressing Roasted Chicken Leg Buttered Corn Summer Squash & Zucchini <u>RI Grown /Fresh Apple</u> Rye Bread <i>(Meatball Sub on Grinder Roll)</i>
17 Venus de Milo Soup Stuffed Cabbage w/Sauce Basil Rice King Edward Blend Veg. Peanut Butter Cookies Wheat Bread <i>(Turkey Salad on Wheat)</i>	18 Potato & Leek Soup Grilled Chicken on Caesar Salad w/CROUTONS, Grated Cheese and Dressing Fresh Fruit Garlic Bread <i>(Italian Tuna on Roll w/Side Salad)</i>	19 Kale & Bean Soup Beef Wellington Peas & Onions Salad w/Dressing Pudding Italian Bread <i>(Fresh Mozzarella & Tomato on Italian Bread)</i>	20 Happy Birthday Chicken Vegetable Soup Chicken Cacciatore Wheat Pasta with Sauce Sliced Carrots Frosted Cupcake Oatmeal Bread <i>(Meatloaf on Oatmeal Bread)</i>	21 Cottage Cheese w/Pineapple Liver/Onions/Gravy Augratin Pot. Veg. Blend Mandarin Oranges Rye Bread <i>(Egg Salad on Rye)</i>
24 Chicken Escarole Soup Chicken Cutlet w/Brown Gravy Red Bliss Mashed Potatoes Broccoli Cuts Diced Pears Rye Bread <i>(Tuna Salad on Rye)</i>	25 Pasta & Bean Soup Meatball Sub on Grinder Roll Tomato & Cucumber Salad Fresh Fruit <i>(Italian Grinder)</i>	26 Vegetable Beef Soup Turkey Meatloaf w/ Cranberry Chutney Rice Pilaf Green Beans Shortbread Cookies Marble Bread <i>(Corned Beef & Swiss on Marble)</i>	27 Moroccan Lentil Soup Stuffed Pork Chop w/Apple Sauce Capri Blend Vegetables Spumoni Wheat Bread <i>(Turkey & Swiss on Wheat)</i>	28 Red Chowder Baked Fish w/Crumb Top Baked Potato Carrot Slaw <u>RI Grown/Apple Crisp</u> Rye Bread <i>(Roast Beef & Cheese on Rye)</i>
31 Goblin Chicken Soup Ravens Beef w/Mushrooms & Onions in a Wine Sauce Mummy Noodles Mixed Vegetables Monster Mandarin Oranges Dinner Roll <i>(Scary Seafood Salad on a Roll)</i>	FARM FRESH RI HARVEST OF THE MONTH APPLES!!!!!! October 14 & 28			SA Funded in Part by the US Administration on Aging and the Rhode Island Division of Elderly Affairs

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

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