

Edward King House Senior Center

**Catalog for
November and December**

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.

The Penny Post

New Beginnings

New beginnings provide us with fresh ways to tackle old challenges, energize us to start new endeavors and renew our spirits.

I took on too much this summer and felt like I was racing through the weeks. A few weeks ago I laid out my monthly calendars on the kitchen counter. I reviewed the months ahead focusing on activities to eliminate, old tasks I still wanted to achieve and new projects I wanted to begin.

Looking at the big picture made it easier to cut out the events I least enjoyed, make room for new projects and find more balance in my life. After reviewing my schedule I realized that I gave myself the gift of a new beginning. It felt great!

Consider reviewing your schedule. A fresh start will give you the energy to make a change.

Give yourself the gift of a new beginning.

Penny Fitch, Edward King House Board President



From The Director's Chair

It seems to me that with every turn, there is something new at the EKH: a new program is being instituted, there is a schedule change and then, of course, there is the ever-present something that happens that is beyond our control. Change can be easier for some than for others to cope with but rest assured that no change ever comes to fruition without a lot of thoughtful contemplation on our part.

For example, I think by now you are all aware that there will be no further day trips offered through the EKH as the cost of transportation has made them beyond our reach of affordability. And so, our Autumn trip to Salem was our last.

Our “once-a-year” trips will remain in effect as is evidenced in this very edition. Our relationship with Diamond Tours makes these trips incredibly affordable and highly attended.

But far be it for me to leave sleeping dogs to lie. We are now working on a new form of “field trip” call the SENIOR MEET UP. Beginning in 2017 the EKH will be offering opportunities for our members to gather in local public places to “meet up” for dinner, a gallery night or maybe even a show. No transportation will be made available but the chosen location will be very local and accommodating to our needs. Stay tuned. I do believe where one door is closed, somewhere, someone opens window.

Wishing you all a very happy and healthy holiday season.

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.

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!



EDWARD KING HOUSE SENIOR CENTER
 SENIOR PROGRAMMING FALL Session 2~2016 ** 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)	9:00-10:00am	11/7,11/14, 11/21, 11/28, 12/5	\$20 member/ \$30 non-member
Tuck and Tone (Monday)	9:30-10:30am	11/7,11/14, 11/21, 11/28, 12/5	\$20 member/ \$30 non-member
Drawing and Painting (Monday)	10:45am-12:45pm	11/7,11/14, 11/28, 12/5	\$24 member/ \$32 non-member
Strength and Flexibility (Monday)	11:15am-12:15pm	11/7,11/14, 11/21, 11/28, 12/5	\$20 member/ \$30 non-member
Writing Your Family History for Beginners (Monday)	1:00-3:00pm	Mondays Beginning 11/7	FREE
Beginner's Gyrokinesis (Monday)	4:00pm-5:00pm	11/7,11/14, 11/21, 11/28, 12/5	\$20 member/ \$30 non-member
Chair Yoga 1 (Tuesday)	9:00-10:00am	11/8, 11/15, 11/22, 11/29, 12/6	\$20 member/ \$30 non-member
Gentle Yoga (Tuesday)	9:00-10:00am	11/8, 11/15, 11/22, 11/29, 12/6	\$20 member/ \$30 non-member
Chair Yoga 2 (Tuesday)	10:30-11:30am	11/8, 11/15, 11/22, 11/29, 12/6	\$20 member/ \$30 non-member
Tai Chi (Tuesday)	10:30-11:30am	11/8, 11/15, 11/22, 11/29, 12/6	\$20 member/ \$30 non-member
Play Reading Group (Tuesday)	6:30-8:30pm	Tuesdays Beginning 11/8	FREE
Intermediate Yoga (Wednesday)	9:00-10:00am	11/9, 11/16, 11/23, 11/30,12/7	\$20 member/ \$30 non-member

Go to flip side of page →

Zumba Gold (Wednesday)	9:30am-10:30am	11/9, 11/16, 11/23, 11/30,12/7	\$20 member/ \$30 non-member
Writing Your Family History (Wednesday)	1:00pm-3:00pm	11/9, 11/16, 11/23, 11/30,12/7	FREE
Chair Yoga 1 (Thursday)	9:00am-10:00am	11/10, 11/17, 12/1, 12/8	\$16 member/ \$24 non-member
Gentle Yoga (Thursday)	9:00am-10:00am	11/10, 11/17, 12/1, 12/8	\$16 member/ \$24 non-member
Chair Yoga 2 (Thursday)	10:30am-11:30am	11/10, 11/17, 12/1, 12/8	\$16 member/ \$24 non-member
Tai Chi (Thursday)	10:30am-11:30am	11/10, 11/17, 12/1, 12/8	\$16 member/ \$24 non-member
Tuck and Tone (Friday)	9:30am-10:30am	11/11, 11/18, 12/2, 12/9	\$16 member/ \$24 non-member
EKH Chorus (Friday)	10:45am-11:45am	Beginning September 11/11	FREE
		total	\$

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.

URI Pharmacy presents
Thursday, November 17th at 1pm

Can You Hear Me Now?

Join the discussion about hearing loss including: causes, options for treatments, coping mechanisms, and costs associated with hearing aid products. Join us to learn more about how to self-treat ear conditions such as: impacted earwax, ringing in the ear, swimmer's ear, earache, and ear infection.

REMEMBER

Edward King House
Gift Certificates Make a PERFECT
Holiday gift!

Medicare Open Enrollment

Runs from Wednesdays from
11am to 2pm October 19th to
December 7th call now to
make your appointment!

401-846-7426

Special Additional Enrollment Date
Saturday, November 19th from 10am to 3pm
Make your appointment now!



Wanted

Linens, Crystal, Formal Flatware, and Fine China
Are you downsizing and don't know what to do with these items? Feel free to donate them to EKH! Donation will be accepted until Wednesday, November 23rd.

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
November 17th (no meeting in December)
5-6:30pm

To explore and learn more about human consciousness
after death.

Knitting For A Cause

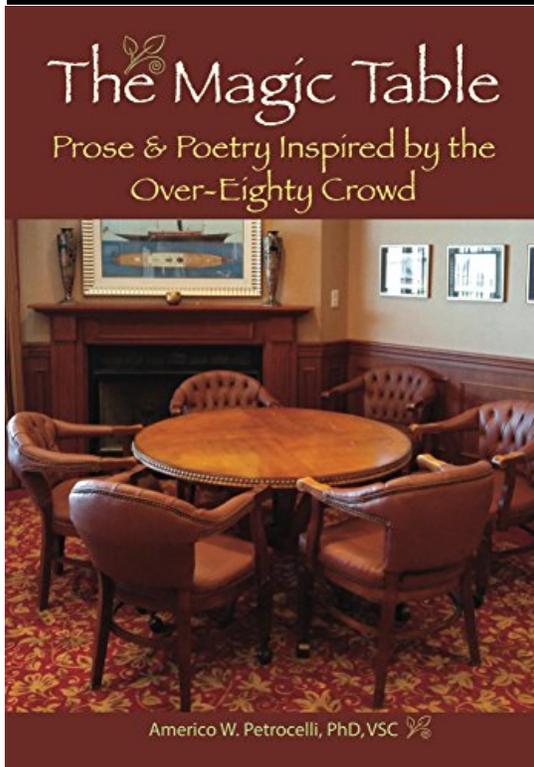
Our experienced knitters will meet every Monday
from 10:30 am to 12pm
They will continue to knit lap blankets for the elderly and the
veteran's home



Join Us For A Very Special Book Signing and Presentation
of
**“The Magic Table: Prose & Poetry Inspired by
the Over-Eighty Crowd”**
By Americo W. Petrocelli, PhD, VCS

This special is offered free of charge and open to the public
Sunday, November 13th
At 1pm in the Parlor at the Edward King House

Enjoy readings and comments.
Come see what the table & talk is all about.
Enjoy a reception and an opportunity
to purchase this wonderful book.



ABOUT THE AUTHOR: In the 1960s Dr. P worked as a research scientist, followed by seven years as a CEO of a publically traded company, followed by seven years as vice president of the University of Rhode Island, followed by eight years as Commissioner of Higher Education for the State of Rhode Island from which he retired on Jan. 1, 1995. He went on to help establish two software startup companies and served as their Chairman and CFO. The first, Heart Lab Inc., was acquired by Agfa Corporation in 2005 and the second, Green Bytes Inc., was acquired by Oracle in 2014 at which time he at last retired, moved to the retirement community called StoneRidge in Mystic, Ct., and began writing prose and poetry inspired by the over-eighty crowd.

S.E. Robinson...7/21/16

“Must read for those seeking wisdom about living the good life after 60! How apropos that a wise and witty scholar like Dr. Perocelli shares his poetic reflections on life in a community of elders! The stories and poems are inspiring for all-especially for those of us, as Baby Boomers, are on the cusp of our own transitions. His stories let us know that the life of the mind continues even as the body gets fatigued. His humor and insight are remarkable. This is really a wonderful book!!”

Something New



Join us in welcoming Cheryl Murphy to our Receptions Desk. Cheryl comes to us with many years of experience in customer service and managing schedules. We are delighted to have her on board and look forward to seeing her smile every day from 9am to 3pm.

IMPORTANT DATES:

Registration Week for Fall Session 2 will begin Monday, October 31st

Fall Session 2 will begin the week of November 7th

Center Closed—Friday, November 11th in observance of Veteran's Day

Center Closed—Thursday and Friday, November 24th & 25th in observance of Thanksgiving

Center Closed -Monday, December 19th to Monday, January 2nd for our winter break

**** The Center will re-open on Tuesday, January 3rd**

Registration Week for Winter Session 1 will run from December 12th to the December 16th and then again from January 3rd to January 6th.

Winter Session 1 will begin the week of January 9th

Christmas In Newport

Edward King House



Holiday Schedule 2016

VICTORIAN BOUTIQUE HOLIDAY SALE

FRIDAY, DECEMBER 2ND

7-8:30PM



FREE ADMISSION

A unique holiday shopping experience with special Victorian-style gifts both new and old to satisfy the most discerning customer.

HOLIDAY SILVER TEA

SUNDAY, DECEMBER 11TH

2:00PM

\$10 PER PERSON



Experience this lovely afternoon tea complete with silver service and the china teacups the Edward King House is so well known for. Including an old fashioned holiday sing.

HOLIDAY CABARET CARRIGAN AND FRIENDS

WEDNESDAY, DECEMBER 7TH

7PM

SUGGESTED DONATION OF \$10

Join us for a special night of holiday entertainment with the 2016 Beach Idol Winner *Carrigan Nelson*, Newport's Own Jimmy Winters, Mark Gorman, Ben O'Connor and many more!

This event will be recorded live to create a holiday CD to help support the Newport Housing Hotline.

Ticket proceeds will benefit the Edward King House Senior Center.



HANUKAH CELEBRATION AND FESTIVAL OF LIGHT

MONDAY, DECEMBER 12TH

7:00PM

LIGHTING OF MENORAH

LIVE MUSIC

HOLIDAY FOOD



GOOD WILL OFFERING

EKH SINGERS PRESENTS 2016

HOLIDAY CONCERT

FRIDAY, DECEMBER 16TH

11:15AM

FREE

ADMISSION



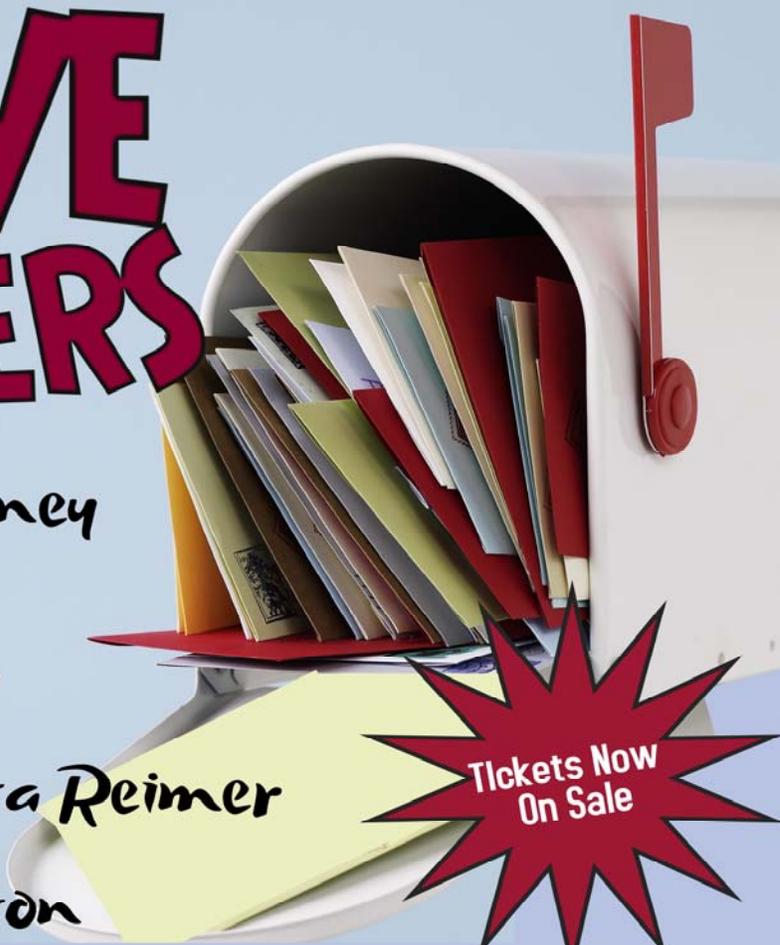
Theater

LOVE LETTERS

By A. R. Gurney

Directed by
Rob Reimer

Starring Lisa Reimer
and
Clive Anderson



Tickets Now
On Sale

NOVEMBER 4, 5 & 11, 12 @ 7PM
NOVEMBER 6 & 13 @ 4PM

THE STUDIO AT THE EDWARD KING HOUSE
35 KING STREET, NEWPORT, RI
\$10 GENERAL ADMISSION

FOR TICKET INFORMATION CALL 401-846-7426 OR
ORDER TICKETS ONLINE AT
WWW.EDWARDKINGHOUSE.ORG

Sponsored By . . .

AARP
Real Possibilities

November 2016

Reservations
846-7426

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 Juice Turkey Chili w/Low Fat Cheese Tossed Salad w/Dressing Corn Bread Ice Cream Sandwich <i>(Hamburger on a Bun)</i></p> <p>Salad Option Sliced Turkey Tomato,Craisins Walnuts Spinach/Iceberg Blend Lite Balsamic</p>	<p>1 Juice Turkey Chili w/Low Fat Cheese Tossed Salad w/Dressing Corn Bread Ice Cream Sandwich <i>(Hamburger on a Bun)</i></p>	<p>2 Egg Drop Soup Orange Glazed Chicken Vegetable Egg Roll Oriental Blend Vegetables Lorna Doone Cookies Rye Bread <i>(Tuna on Rye)</i></p>	<p>3 Onion Soup Swedish Meatballs Seasoned Whole Grain Pasta Green Beans Wheat Bread Fresh Fruit <i>(Shrimp Salad on Wheat)</i></p>	<p>4 Minestrone Soup Seafood Chow Mein Crunchy Noodles Stir Fry Vegetables Tapioca Pudding Marble Bread <i>(Chicken Salad on Marble)</i></p>
<p>7 Chicken Escarole Soup Stuffed Turkey w/cranberry& sage stuffing Gravy Tossed Salad w/Dressing Oatmeal Bread Sliced Peaches <i>(Corned Beef/Cheese on Oatmeal)</i></p>	<p>8 Red Chowder Baked Scrod Texas Style Potatoes Sliced Carrots Chocolate Chip Cookies Dinner Roll <i>(Eggplant Parmesan on a Roll)</i></p>	<p>9 Lentil Soup Roast Pork Loin w/Applesauce Oven Roasted Potatoes Mixed Blend Vegetables Fresh Fruit Multi Grain Bread <i>(Egg Salad on Multi Grain)</i></p>	<p>10 Veterans Day Celebration Beef Vegetable Soup Chicken Cordon Blue w/Gravy Florentine Blend Vegetables Rice Pilaf Ice Cream Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p>11 CLOSED Veterans Day</p> 
<p>14 Shrimp & Corn Bisque Pub Burger w/Mushroom Gravy Baked Potato Brussel Sprouts Sliced Pears 9-Grain Bread <i>(Seafood Salad on 9-Grain)</i></p>	<p>15 Chicken & Brown Rice Soup Herb Roasted Grilled Chicken Garlic Mashed Potatoes Asparagus Tips Fresh Fruit Marble Bread <i>(Tuna on Marble)</i></p>	<p>16 Split Pea Soup Baked Ham w/Pineapple Slice & Mustard Sweet Potatoes Capri Blend Vegetables Oatmeal Cookies Wheat Bread <i>(Chicken Salad on Wheat)</i></p>	<p>17 Kale & Bean Soup Stuffed Pepper w/Sauce Seasoned Whole Grain Ziti Winter Blend Vegetables Frosted Cupcake Rye Bread <i>(Pastrami & Cheese on Rye)</i></p>	<p>18 Thanksgiving Dinner Italian Wedding Soup Roast Turkey w/Low Sodium Gravy CornBread Stuffing Seasoned Spinach Pumpkin Pudding Cranberry Sauce Dinner Roll <i>(Roast Beef on a Roll)</i></p>
<p>21 Orange Juice Cheese Omelet Fruit Stuffed Pancakes (2) w/ Syrup Baked Tomato Half Fresh Fruit Cup</p>	<p>22 White Bean & Vegetable Soup Apple Chicken Sausage Peppers & Onions Herb Roasted Potatoes Pudding Multi Grain Bread <i>(Seafood Salad on Multi Grain)</i></p>	<p>23 Tomato Vegetable Soup Low Sodium Hot Dog Baked Beans Tomato & Cucumber Salad Fresh Fruit Wheat Bread <i>(Sliced Chicken on Wheat)</i></p>	<p>24 CLOSED Thanksgiving Day</p> 	<p>25 CLOSED Thanksgiving Day</p>
<p>28 Potato & Leek Soup Vegetable Lasagna Peas & Carrots Garlic Bread Chocolate Pudding <i>(Chicken Salad on Bulky Roll)</i></p>	<p>29 Juice Beef Stroganoff Mashed Potatoes Roasted Root Vegetables Fresh Fruit Rye Bread <i>(Italian Tuna on Rye)</i></p>	<p>30 Turkey Vegetable Soup Chicken Marsala w/Mushroom Gravy Brown Rice California Blend Vegetables Mandarin Oranges Wheat Bread <i>(Meatloaf on Wheat)</i></p>	<p>Funded in part by the U.S. Administration on Aging and State funds through the RI Division of Elderly Affairs.</p>	

Nutrition

Looking for a healthier option at lunch?
Seniors looking to cut down on their calorie intake,
watch their sodium levels or increase the amount of
vegetables they consume—
there is something new for you!!!

The monthly SALAD option will be available beginning
in November.



This is how it works:

The salad option is listed on the monthly calendar.

This same salad is available every day throughout the month of service but **MUST** be ordered one week in advance by Noon every Thursday. Sadly, we cannot add or subtract from that order at any time during the week. So, if the order is not made by Thursday the week before, the salad option will not be made available to you. The cost is the same as the regular entrée or pub offering. Have more questions???? Give Anna a call at 401-846-7426.

This program is available through our Senior Dining Program funded in part by the US Administration of Aging and State funds through the RI Division of Elderly Affairs.

2016 EKH HONOR & PATRIOTIC HONOR TREE ORNAMENT ORDER FORM

Ideal for grandbaby's first Christmas, commemorative birthday or anniversary, deceased family member, or a soldier/sailor serving our country. Ornaments will be personalized, displayed on our EKH Honor Tree in our reception area during Christmas in Newport, and then afterwards, mailed to your home for you to enjoy as a keepsake for years to come.

PURCHASER NAME _____
ADDRESS _____
CITY/STATE/ZIP _____
EMAIL _____ **PHONE** _____

TOTAL NUMBER OF HONOR TREE ORNAMENTS REQUESTED: _____ **Cost: \$10 per ornament**

In Memory of In Honor of Name: _____
 In Memory of In Honor of Name: _____

TOTAL NUMBER OF PATRIOTIC HONOR TREE ORNAMENTS REQUESTED: _____ **Cost: \$10 per ornament**

(If recipient is a fallen soldier, please place an "x" after his/her name.)

In Memory of In Honor of Name: _____
 In Memory of In Honor of Name: _____

AMOUNT ENCLOSED:

\$ _____

PAYMENT METHOD:

Check Please make check out to Edward King House
 Credit Card Payment: Visa MasterCard Discover American Express

Card Number: _____

Exp Date: ____/____/____ Sec. Code: _____

Authorized Signature: _____

*All orders must include payment and be received by 11/23/16 in order to be processed.
Supplies are limited.

For additional names, please use a separate sheet of paper.
Complete this form and mail, with payment in the amount of
\$10 per ornament payable to:

The Edward King House
35 King Street
Newport, RI 02842



Standard Honor



Patriotic Honor

Senior Portraits



By
**Joseph
Bashour**

Black Background ONLY

Thursday, November
17th & Friday, November
18th from 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

Senior Portraits

BY APPOINTMENT ONLY
Call 401-846-7426

THE EDWARD KING HOUSE PRESENTS

Lancaster Show Trip & the Dutch Country



INCREDIBLE PRICE INCLUDES:

- ◆ Motorcoach transportation
- ◆ 4 nights lodging
- ◆ 9 meals: 4 breakfasts, 1 lunch and 4 dinners
- ◆ Admission to the "JONAH" Show at the Sight & Sound® Millennium Theatre®
- ◆ GETTYSBURG NATIONAL PARK
- ◆ Visit to Hershey, Pennsylvania
- ◆ Luncheon Cruise aboard the SPIRIT OF PHILADELPHIA
- ◆ Visit to charming KITCHEN KETTLE VILLAGE
- ◆ GUIDED TOUR OF LANCASTER
- ◆ For more pictures, video and information visit: www.GroupTrips.com/EdwardKingHouse

\$550 *

5 DAYS 4 NIGHTS

PER PERSON, DOUBLE OCCUPANCY

(Mon - Fri)

Aug 28 - Sep 1

2017



See the all NEW "JONAH" Show at the Sight & Sound Theatre®

Departure: The Edward King House, 35 King St, Newport, RI @ 8 am, then Lawn Middle School, 55 Lawn Ave, Jamestown, RI @ 8:30 am

Day 1: Board your spacious, restroom and video equipped Motorcoach and set off for Lancaster in the heart of Pennsylvania Dutch Country. Later that day, enjoy a relaxing Dinner and check into your Pennsylvania-area hotel for a 4 night stay.

Day 2: Today after enjoying a Continental Breakfast, you will go on a GUIDED TOUR OF LANCASTER including Amish Country. Next, you'll visit the KITCHEN KETTLE VILLAGE – a charming marketplace of shops and restaurants. Then, you'll see the NEW musical "JONAH" at the Sight & Sound Millennium Theatre®, one of the world's largest live performance stages. Jonah is a prophet - and a man on the run. God teaches Jonah how to receive grace and extend mercy, even to his archenemy: Nineveh. Take your group deep into this Bible classic as it springs to life on stage in jaw-dropping scale by a world-class cast, spectacular special effects and live animals - on stage and in the aisles. Tonight enjoy Dinner and head back to your hotel.

Day 3: After enjoying a Continental Breakfast, you will Cruise in style and comfort aboard SPIRIT OF PHILADELPHIA. There'll be delicious freshly prepared dining, dancing and great sightseeing. It's time to see the city from a different perspective—the water. Spirit of Philadelphia allows you to experience a completely pleasant atmosphere at your leisure. Relax on their festive climate-controlled decks, or take a stroll to their spacious observation deck. Afterwards, you'll have some free time in Philadelphia to explore the Liberty Bell and Independence Hall. Finally, you'll have Dinner before heading back to your hotel for the evening.

Day 4: Today after enjoying a Continental Breakfast, you will head to famous GETTYSBURG NATIONAL PARK. Experience their breathtaking 22,000 square foot visitor center and their amazing Cyclorama attraction. Then, you'll head to famous Hershey, PA. Tonight enjoy Dinner and head back to your hotel.

Day 5: After enjoying a Continental Breakfast, you'll depart for home. A perfect time to chat with your friends about all the fun things you've done and where your next group trip will take you!



Visit Historic Gettysburg National Park



Take in the sights on The Spirit of Philadelphia Cruise



Experience the Amish lifestyle

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 \$150 for single occupancy. Final Payment Due: 6/21/2017

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.

Travel

Put Your Mind at Ease on the Next Trip...

with the **Travel Confident® Protection Plan!**

Travel Insurance - Same Price - Regardless of Age!

PLAN BENEFITS INCLUDE:

Trip Cancellation: You are covered for your **FULL TOUR COST** in the event you must cancel your trip for one of the reasons below.

Trip Interruption: You are covered for reimbursement of your fare to travel home and your unused prepaid tour cost (the total not to exceed your total tour cost), when you must leave your trip early for one of the following reasons:

Sickness, Injury or death to you, a traveling companion, a family member, or a business partner

Jury Duty or being required to appear as a witness in a legal action

A Strike that causes services to cease for at least 48 hours

Losing Your Job where you have worked for at least 3 years

Terrorist Attack, Hijack or Quarantine

Weather that causes your common carrier to cease operations for at least 48 hours

Fire, Flood or Natural Disaster that causes your home to become uninhabitable

Burglary of your home within 10 days of departure

Getting into a Traffic Accident on your way to your trip's departure point

You are covered for the "single supplement" surcharge if your roommate cancels for one of the above reasons.

QUESTIONS? CALL 1-866-684-0218	Trip Cost (per person)	Travel Confident® Cost (per person)	RECEIVE THIS BENEFIT!	
2 EASY Ways to Sign Up: 1.) MAIL - Give a check to your Group Leader in the amount indicated by the table made out to "Travel Insured International" OR 2.) INTERNET - Sign up at www.travelconfident.com	Up to \$500	=	\$35	ACT NOW so you are eligible for PRE-EXISTING CONDITION coverage! You must purchase your Travel Confident Protection Plan within 14 days of writing your check for your initial trip deposit. Review the complete terms in the exclusion section of your policy.
	\$501 - \$600	=	\$45	
	\$601 - \$700	=	\$59	
	\$701 - \$1,100	=	\$69	
	\$1,101 - \$1,500	=	\$94	
	\$1,501 - \$2,000	=	\$129	
	www.travelconfident.com/exclusions.aspx			

Baggage Benefit - Up to \$1,000! If your baggage is lost, stolen or damaged!

Medical Expense - Up to \$5,000! If you are injured or become ill on the trip. You also are covered for up to \$750 in emergency dental treatment.

Emergency Medical Evacuation - Up to \$20,000! Should a severe illness require immediate care and a local hospital cannot meet your needs, you are eligible for transportation to the nearest hospital with appropriate treatment. A toll-free call to 1-888-268-2824 starts the arrangements. If you are traveling alone, you are also covered for the air fare of a companion to join you at the hospital (providing you are in the hospital for at least 7 days).

24/7 Assistance Services included: Lost Baggage Retrieval • Emergency Cash Advance • Medical or Legal Referrals • Prescription Drug/Eyeglass Replacement • Translation Services • Payment to the Assistance Company is Your Responsibility.

**** TIPS FOR TRAVELERS: ****

- Cancel with your Group Leader as soon as you are aware of the need to cancel.
- In the event you need to file a claim, contact Travel Insured International at 866-684-0218 as soon as possible. Be prepared to provide the insurance company with proof of payments for all portions of your trip, including the insurance.
- Get detailed medical statements from treating physicians where and when an accident or sickness occurred. Save your receipts, proof of all payments and proof of insurance. Pay by check or credit card when you can.
- If you have purchased the Travel Confident Protection Plan, for emergency medical evacuation call the Assistance Company at 888-268-2824 or collect at 202-296-8720. Be sure to call before you incur any expenses!

** Please remember - this Flyer **IS NOT** your insurance policy. Be sure you receive a copy of your policy and read it before your trip. See your Group Leader or visit www.travelconfident.com to obtain a copy. **

This is a brief summary of benefits under the Plan. The benefits are subject to the provisions, limitations and exclusions of the Policy. Refer to Your Policy for complete details. Plans are underwritten by the United States Fire Insurance Company. The Crum & Forster group of companies is rated A (Excellent) by AM Best Company 2012. Not all coverage is available in all jurisdictions. Travel Assistance Services are provided by an independent organization and not by United States Fire Insurance Company or Travel Insured International.

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

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



Return Address Requested

Eat, Drink
& Be . . . **THANKFUL**
DINNER

November 9th
5:30PM - 7:30PM

Music by Mark Gorman

\$10 per person

Sponsored by Blenheim-Newport

Traditional Thanksgiving Dinner