

EDWARD KING
—HOUSE—

January 2019 Catalog

www.edwardkinghouse.org

401-846-7426



Donate Your Vehicle

EDWARD KING HOUSE

**CARS // TRUCKS // MOTORCYCLES
BOATS // RVs // CAMPERS**

Call: 866.628.2277

www.vehiclesforcharity.org

Are you thinking of selling or trading in that old car?

Why not donate it instead?

The Edward King House has partnered with Vehicles For Charity to provide an easy-to-use, tax-deductible process to donate your vehicle. As a charitable contribution, your donation could make a big difference to serve the senior community of Newport County through the Edward King House Senior Center.



If you have any questions you would like answered prior to initiating the donation process, please visit www.vehiclesforcharity.org or

call 1 866 628 2277.

\$3.00 Suggested Donation

January 2019

Must call 846-7426 ext 2 to reserve your meal by 11am the day before service

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Thank you for your donations! Your donations help keep the program going.</p> <p><i>All menu items may contain nuts, seeds, beans and wheat bran + other allergens</i></p>	<p>1 CLOSED</p> 	<p>2</p> <p>CENTER CLOSED</p>	<p>3</p> <p>CENTER CLOSED</p>	<p>4</p> <p>CENTER CLOSED</p>
<p>7 100% Juice</p> <p>Scrambled Eggs</p> <p>1 Stuffed Pancake w/ Syrup</p> <p>Sausage Patty/ Tomato Slice</p> <p>Greek Yogurt</p> <p><i>(Tuna Salad on a Roll w/Side Salad)</i></p>	<p>8 Lentil Soup</p> <p>Veal w/Mushroom Gravy</p> <p>Mashed Potatoes</p> <p>Roasted Brussel Sprouts</p> <p>Fresh Fruit</p> <p>Marble Bread</p> <p><i>(Corned Beef & Swiss on Marble)</i></p>	<p>9 Chicken Soup w/Anci de pepe</p> <p>Kielbasa w/Mustard</p> <p>Boiled Potatoes</p> <p>Carrot & Cabbage Mix</p> <p>Jello</p> <p>Wheat Bread</p> <p><i>(Sliced Chicken w/Cheese on Wheat)</i></p>	<p>10 Beef Barley Soup</p> <p>Chicken Marsala</p> <p>Rice Pilaf</p> <p>Broccoli Cuts</p> <p>Diced Peaches</p> <p>Dinner roll</p> <p><i>(Shrimp Salad on a Roll)</i></p>	<p>11 Red Chowder</p> <p>Beer Battered Fish/ Tartar</p> <p>O'Brien Potato</p> <p>Three Bean Salad</p> <p>Granola Bar</p> <p>Rye Bread</p> <p><i>(Ham & Swiss on Rye)</i></p>
<p>14 Split Pea Soup</p> <p>Baked Ham w/Glaze</p> <p>Sweet Potatoes</p> <p>Roasted Zucchini</p> <p>Fruit Cocktail</p> <p>Multi Grain Bread</p> <p><i>(Turkey Salad on Multi Grain)</i></p>	<p>15 Egg Drop Soup</p> <p>Seafood Chow Mein</p> <p>Noodles</p> <p>Asian Blend Vegetables</p> <p>Peanut Butter Cookies</p> <p>Wheat Bread</p> <p><i>(Egg Salad on Wheat)</i></p>	<p>16 Minestrone Soup</p> <p>Italian Style Chicken</p> <p>Cutlet</p> <p>Whole Grain Pesto Pasta</p> <p>Spinach w/Garlic</p> <p>Tapioca Pudding</p> <p>Sliced Italian Bread</p> <p><i>(Bologna w/Mustard on Italian)</i></p>	<p>17 Happy Birthday</p> <p>Onion Soup w/ Croutons</p> <p>Shepherds Pie w/ Ketchup</p> <p>Prince Edwards Vegetables</p> <p>Frosted Cupcake</p> <p>Garlic Roll</p> <p><i>(Tomato/Mozz. On a Roll)</i></p>	<p>18 Italian Wedding Soup</p> <p>Pot Roast w/Gravy</p> <p>Garlic Mashed Potatoes</p> <p>Asparagus</p> <p>Fresh Fruit</p> <p>9-Grain Bread</p> <p><i>(Seafood Salad on 9-Grain)</i></p>
<p>21</p> <p>CLOSED</p> <p><i>Martin Luther King Jr. Day</i></p> 	<p>22 Chili Soup</p> <p>Turkey w/Gravy</p> <p>Stuffing</p> <p>Roasted Brussels Sprouts</p> <p>Vanilla Pudding</p> <p>Wheat Bread</p> <p><i>(Honey Ham on Wheat)</i></p>	<p>23 Tomato & Brown Rice Soup</p> <p>Italian Sausage</p> <p>Peppers & Onions</p> <p>Oven Roasted Sliced Potatoes</p> <p>Apricot Half</p> <p>Multi Grain Bread</p> <p><i>(Hot Dog on a Roll)</i></p>	<p>24 Chicken Escarole Soup</p> <p>Chicken Fried Steak w/Country Gravy</p> <p>Whipped Potatoes</p> <p>Baby Whole Carrots</p> <p>Fresh Fruit Rye Bread</p> <p><i>(Tuna on Rye)</i></p>	<p>25 Shrimp & Corn Bisque</p> <p>Pub Burger w/ Mushroom Gravy</p> <p>Rice Pilaf</p> <p>Capri Blend Vegetables</p> <p>Lorna Dunes Wheat Bread</p> <p><i>(Egg Salad on /Wheat)</i></p>
<p>28 Chicken Soup w/ Orzo</p> <p>Meatloaf w/Gravy</p> <p>Mashed Potatoes</p> <p>Mixed Vegetables</p> <p>Sliced Peaches</p> <p>Oatmeal Bread</p> <p><i>(Chicken Salad on Oatmeal)</i></p>	<p>29 Garden Salad w/ Dressing</p> <p>Chicken a la King</p> <p>Roasted Zucchini</p> <p>Biscuit</p> <p>Cookies</p> <p>Whole Wheat Dinner Roll</p> <p><i>(Salami & Cheese on Wheat)</i></p>	<p>30 Kale & Bean Soup</p> <p>American Chop Suey</p> <p>Whole Wheat Elbow Pasta</p> <p>Broccoli Cuts</p> <p>Butterscotch Pudding</p> <p>Rye Bread</p> <p><i>(Ham Salad on Rye)</i></p>	<p>31 Vegetable Soup</p> <p>Florentine Fish</p> <p>Wild Rice</p> <p>Sliced Carrots</p> <p>Fresh Fruit</p> <p>12-Grain Bread</p> <p><i>(Meatloaf on 12-Grain Bread)</i></p>	<p>Salad of the Month</p> <p>Tuna-Tomato-Cucumbers-Croutons-Lettuce Bed</p> <p>Italian Dressing</p> <p>Begins Monday Jan. 7</p>

THE EDWARD KING HOUSE AND
BLENHEIM NEWPORT PROUDLY PRESENTS

LU AU

NIGHT at the EKH

WEDNESDAY, FEBRUARY 6th at 5:30pm

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

SPONSORED BY BLENHEIM NEWPORT

Call 401-846-7426 ext 2 to make your reservation

I would like to take to attend Luau Night

Name: _____ Phone: _____

Email: _____

\$10 x # of people _____ = _____

22 Bowens Now Serves at the EKH

Breakfast

At a mere \$3 per person - this is the best deal in town for a hot, yummy breakfast cooked and served by Newport's own 22 Bowens whose staff is voluntary their time and talent to support the seniors of Newport County. It doesn't get better than this. Your cup of tea or coffee is waiting for you. Come join us! Call 401-846-7426 ext 2 to make your reservation by phone but remember this is a first come first served reservation system.



Wednesday, February 16th

8:00 am till 9:00 am

Come Join Us

For Lunch



**THE EDWARD KING HOUSE
EAST BAY CAFE IS OPEN FOR LUNCH!
Monday through Friday at Noon!**

Must make your reservation 24 hours in advance by 11am.

See the Calendar menu for more information.

Edward King House Senior Center*35 King Street, Newport RI

***Learn to become more
healthy in 2019 !***

Diabetes Prevention Program

A free, year-long program helps you
lose weight and become more active.



***Orientation Session
Monday, January 28th at 2 pm***

***All are welcome, whether
pre-diabetic, diabetic or simply
want to become more healthy.***

***"If you want to change some things
in your life, you have to change
some things in your life."***

I would like to attend the DPP Orientation Session

Name: _____ Phone: _____

Email: _____

Martin Luther King Day

The Edward King House
will be closed on
Monday, January 21st
in observance of
Martin Luther King Jr.
Day



Newport Photographers' Guild

since 1987

February 13- Opening of the Members Open Exhibit and presentation, Spotlight on Members– ALL EKH Members are invited!

The doors will open at 6:30pm for the opening of the members exhibition and the program will begin at 7:30 p.m. and include the presentation of awards.

This annual program showcases the work of two guild members. It's always interesting to see what our members are creating, hear why they created it and perhaps learn the images were created.

Jody Brown and **Rich Hudson** will share their work and thoughts for this presentation. Both have been active photographers and Guild members with a unique eye for capturing people and places.



FEMALE WORLD WAR II VETERANS SOUGHT FOR HONOR FLIGHT PROGRAM

Spring Honor Flight for 25 Women Veterans of World War II and the Korean War

All women veterans of WW II or the Korean War are eligible to apply for a completely free Honor Flight to Washington, D.C. to visit the memorials of WW II, Korean War, Vietnam and other monuments and memorials in our nation's capitol. Each veteran will be assigned a "guardian" who will push them around in wheelchairs and take care of their every need. A box lunch will be provided on the bus at noon. A full dinner in the Westin Hotel in Crystal City will be enjoyed by the veterans and their guardians before boarding the bus back to their flight to Providence.

For further information, contact Estelle O'Connell (849-3055 or ooconnest@cox.net). She was on the Honor Flight on April 7, 2018 and can provide details of her flight. The Southwest flights normally leave Providence airport around 7:30AM and return by 10 PM the same day. It's a once in a lifetime experience!



Korean War Veterans at Korean War Memorial, Washington



10 things to know about your new Medicare card

Medicare is mailing new Medicare cards starting in April 2018. Here are 10 things to know about your new Medicare card:

- 1. Mailing takes time:** Your card may arrive at a different time than your friend's or neighbor's.
- 2. Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old Medicare card and start using your new card right away.
- 3. Guard your card:** Only give your new Medicare Number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
- 4. Your Medicare Number is unique:** Your card has a new number instead of your Social Security Number. This new number is unique to you.
- 5. Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if you need one!
- 6. Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
- 7. Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
- 8. You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare Number online.
- 9. Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main card for Medicare – you should still keep and use it whenever you need care. However, you also may be asked to show your new Medicare card, so you should carry this card too.
- 10. Help is available:** If you don't get your new Medicare card by April 2019, call 1-800-MEDICARE (1-800-633-4227). TTY users can call 1-877-486-2048.

You have the right to get Medicare information in an accessible format, like large print, Braille, or audio. You also have the right to file a complaint if you feel you've been discriminated against. Visit [CMS.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html](https://www.cms.gov/about-cms/agency-information/aboutwebsite/cmsnondiscriminationnotice.html), or call 1-800-MEDICARE (1-800-633-4227) for more information. TTY users can call 1-877-486-2048.



EKH Timetable

Mon	Tue	Wed	Thu	Fri
<i>Intermediate Yoga</i> (Ballroom) (9-10)	<i>Chair Yoga</i> (Ballroom) (9-10) <i>Gentle Yoga</i> (Studio) (9-10)	<i>Intermediate Yoga</i> (Ballroom) (9-10)	<i>Chair Yoga</i> (Ballroom) (9-10) <i>Gentle Yoga</i> (Studio) (9-10)	<i>Watercolor Group</i> (Studio) (9-12)
Bridge <i>Formal Dining Room</i> (9-12)	<i>Chair Yoga</i> (Ballroom) (10: 30-11:30)	Scrabble (Billiard Room) (10:30am-12pm)	Bridge (Formal Dining Room) (9am-12pm)	Bridge (Parlor) 9am-12pm)
<i>Tuck & Tone</i> (Studio) (9:30-10:30)	<i>Drawing & Painting</i> (Studio) (12-2)	<i>Tuck and Tone</i> (Studio) (9:30-10:30)	<i>Chair Yoga</i> (Studio) (10:30-11:30) <i>Tai Chi</i> (Ballroom) (10:30-11:30)	<i>Tuck and Tone</i> (Ballroom) (9:30-10:30)
<i>Tai Chi</i> (Ballroom) (10:30-11:30) <i>Boxing</i> (Studio) (10:30-11:30)	Mah Jong (Formal Dining Room) (12:30-3:00)	<i>Boxing Fitness</i> (Studio)(10:30-11:30)	Bridge (Parlor) (1-3pm)	<i>Chorus</i> (Ballroom) (10:45-11:45)
Knitting Club (Kitchen) (10:30-12)	Cribbage (Parlor) (1-4pm)	SHIP (SHIP Office) (11am-2pm)	<i>All Programs and Groups require registration. <u>Walk-ins are not permitted.</u></i>	
	<i>Gyrokinesis</i> (Ballroom) (4-5)	<i>Family History</i> (Library) (1-3)	<i>Call 401-846-7426 ext 2 or email EKHprograms@gmail.com for more information.</i>	
	<i>Yoga For All</i> (Ballroom) (6-7)	<div><div>EDWARD KING</div><div>HOUSE</div></div>		
	<i>Play Reading</i> (Studio) (6:30-8:30)			

CAG 12.29.18

CAG 12.29.18

Registration for Winter Session 1 will take place from Monday, January 7th to Friday, January 11th. Classes begin Monday, January 14th. Registration for Winter Session 2 will take place from Monday, February 18th to Friday, February 22nd. Classes begin on Monday, February 25th.

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

FREE *Tax Preparation* Services

Beginning February 4th, AARP will be offering FREE tax preparation services at the Edward King House every Monday from 9am to 12pm. Walk-ins are welcome - no appointment necessary.

Call 401-846-7426 ext 2 for more information.

