

Nutrients that can help Fight Seasonal Allergies:

Omeegas 3 fats can lower risk of developing allergies & help combat inflammation associated with seasonal allergies. *Can be found in Walnuts and Flax.*

Calcium buffers the acidic stage of allergic reaction & help reduces histamine production/ *Can be found in: Kale & Chia Seeds*

Probiotics offer inflammatory & anti-allergic effects especially when given during pregnancy. *Can be found in: Fermented Food*

Carotenoids are anti-inflammatory and proven to limit the prevalence of seasonal allergies Can be found in: Sweet Pot & Mango.

Resveratrol is a powerful antioxidant with anti-inflammatory properties that can help reduce allergy symptoms. *Can be found in: Grapes and Red Wine*

Vitamin C High levels of Vitamin C reduce histamine & help it down faster once its been released. *Can be found in: Berries & Broccoli*

Magnesium has a calming affect on bronchial tubes & acts as an antihistamine. *Can be found in: Nuts & Seeds*

Vitamin E the gamma-tocopherol form of Vit. E decreases allergy-related inflammation in very high dose. *Can be found in Almonds*

<u>July Birthdays</u>	
Mary K.	July 13
Marie V.	July 19
Marie J.	July 19
Betty F.	July 20
Marie W.	July 21
Anita G.	July 25
Jeanette C.	July 29



Anchor Bay at East Providence

401-433-5000

1440 Wampanoag Trail
East Providence, RI 02915



**Today's Trend
No Meat Meals**

Meat is one of the most expensive sources of protein. Many people save money by focusing on other protein-rich foods, such as whole grains, beans, nuts, eggs and cheese.

Eating less meat can also increase longevity. A diet rich in vegetables, fruits and whole grains has been shown to decrease the risk of diabetes and several types of cancers and to protect against heart disease. If weight loss is a goal, keep in mind that research shows people on plant-based diets tend to have lower body weight. Experts think this is because they consume more fiber and fewer calories.

Buying less meat can also reduce your carbon footprint and save fuel and water, since raising animals for food takes large amounts of natural resources.


<u>July Special Events</u>	
<u>Monday, July 1:</u> Patriotic Bus Tour	12:45 pm
<u>Friday, July 5:</u> Lunch Outing to Gregg's Restaurant	11:45 am
<u>Friday, July 12:</u> Friday Happy Hour	3:00 pm
<u>Monday, July 14:</u> Trip to Del's Lemonade	12:30 pm
<u>Friday, July 19:</u> Picnic in the Park	11:45 am
<u>Monday, July 22:</u> Taste & Tell with Chef Dave	1:00 pm



Arranging Fresh Summer Flowers

July 2019
In The Moment Memory Support



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Anchor Bay AT EAST PROVIDENCE ASSISTED LIVING MEMORY CARE	9:00 Coffee & Daily News [LR] 1 10:00 PE Chair Exercise [LR] 10:30 Love on a Leash [L] 11:00 SS Catholic Communion [R] 12:45 Patriotic Bus Tour [BT] 2:00 Balloon Volleyball [LR] 3:00 Live Music! Susan McLeod [G] 6:00 Hand Massages [LR]	9:00 Coffee & Devotions [LR] 2 10:00 Stretch and Flex [LR] 10:30 CE Tuesday Trivia [LR] 1:30 AE Fun Sponge Fireworks [C/G] 2:00 Indoor Soccer [LR] 3:00 What Am I? [L] 6:00 Chicken Soup for the Soul [LR]	9:00 Coffee & Headlines [LR] 3 10:00 Movin' and Groovin' [LR] 10:30 Busy Hands [D] 1:00 Clay Modeling [CR] 2:00 Movin' to Music [L] 3:00 LL Flower Arranging [CR] 6:00 Evening Stroll	Independence Day 4 9:00 Coffee & Prayers [LR] 10:00 Morning Movement [LR] 10:30 234th Bristol Parade [L] 11:00 SS Rosary [C] 11:30 4th of July Luncheon [D] 1:45 PE Scarf Dancing [LR] 3:00 Patriotic Drum Circle [L] 6:00 Classic Movies [LR]	9:00 Coffee & Daily News [LR] 5 10:00 Sit and Be Fit [LR] 10:30 CC Coups for Troops [CR] 11:45 LL Lunch Outing: Gregg's Restaurant 2:00 Walking Club 3:00 Frozen Firecracker Social [L] 6:00 Aromatherapy [LR]	9:00 Coffee & Headlines [LR] 6 10:00 AE Cards with Carol [C/G] 10:30 Manicures & Hand Massages [LR] 1:00 Project Linus [CR] 1:30 Giant Bowling [L] 3:00 Classic Hymns 6:00 Popcorn Theater [LR]
9:00 Coffee & Prayers [LR] 7 10:00 SS Musical Worship Service with Merryl Havens [R] 10:30 Busy Hands [D] 1:30 Outdoor Enthusiasts [P] 2:00 Sit Down Dancing [LR] 3:00 Spiritual Sing Along with Rick Waugh [L] 6:00 Rosary [LR]	9:00 Coffee & Daily News [LR] 8 10:00 Chair Exercise [LR] 10:30 Puppy Pals [L] 1:00 CC Coups for Troops [CR] 2:00 Fitness in 15 [LR] 3:00 SS Guided Meditation [C] 6:00 Evening Spa Time [LR]	9:00 Coffee & Devotions [LR] 9 10:00 PE Stretch and Flex [LR] 10:30 Tuesday Trivia [LR] 1:30 Name That Tune [G] 2:00 Indoor Soccer [LR] 3:00 Mad Science [C/G] 6:00 Chicken Soup for the Soul [LR]	9:00 LL Coffee & Headlines [LR] 10 10:00 Movin' and Groovin' [LR] 10:30 Busy Hands [D] 1:00 Finish the Lyrics [LR] 1:30 CE Hollywood Stars [R] 3:00 Does It Rhyme? [D] 6:00 Evening Stroll	9:00 Coffee & Prayers [LR] 11 10:00 Morning Movement [LR] 11:00 Rosary [C] 1:45 AE Lets Bake! [C/G] 2:00 Ring Toss Tournament [LR] 4:30 July Birthday Party [D] 6:00 Classic Movies [LR]	9:00 Coffee & Daily News [LR] 12 10:00 Sit and Be Fit [LR] 10:30 Speedy Recall [L] 12:45 PE Sabin Point Walking Club [BT] 2:00 Target Practice [LR] 3:00 Friday Happy Hour [L] 6:00 CE This Day in History [LR]	9:00 Coffee & Headlines [LR] 13 10:00 Gentle Stretching [LR] 10:30 Manicures & Hand Massages [LR] 1:00 AE Saturday Art Class [CR] 2:00 Move to Music [LR] 3:00 Spiritual Sing Along [LR] 6:00 LL Saturday Evening Flick
9:00 Coffee & Prayers [LR] 14 10:00 SS Worship Service [C] 10:30 Morning Stroll 1:30 Bird Watching Group [P] 2:00 Woodie Guthrie Classics [LR] 3:00 PE Sit Down Dancing [L] 6:00 Rosary [LR]	9:00 Coffee & Daily News [LR] 15 10:00 Chair Exercise [LR] 10:30 Helping Paws [L] 12:30 LL Trip to Del's Lemonade [BT] 2:00 Balloon Volleyball [LR] 3:00 Live Music! Manny Brando [G] 6:00 Catholic Communion [LR]	9:00 Coffee & Devotions [LR] 16 10:00 Stretch and Flex [LR] 10:30 Tuesday Trivia [LR] 1:30 Anchor Bay Sing Along [G] 2:00 Indoor Soccer [LR] 3:00 Who Am I? [D] 6:00 SS Chicken Soup for the Soul [LR]	9:00 Coffee & Headlines [LR] 17 10:00 Movin' and Groovin' [LR] 10:30 AE Fresh Flower Arranging [L] 1:00 Clay Modeling [CR] 1:30 CE Arm Chair Travels: Great Festivals of Europe [R] 3:00 Drum Circle [LR] 6:00 Evening Stroll	9:00 SS Coffee & Prayers [LR] 18 10:00 Morning Movement [LR] 11:00 Rosary [C] 1:00 Chat Pack [CR] 1:45 AE Cooking with Class [L] 3:00 Name That Broadway Tune [LR] 6:00 Classic Movies [LR]	9:00 Coffee & Daily News [LR] 19 10:00 Sit and Be Fit [LR] 10:30 Popsicle Art [C/G] 11:45 LL Picnic in the Park [BT] 2:00 PE Outdoor Cornhole [P] 3:00 Bird Watching & Smoothies [P] 6:00 Aromatherapy [LR]	9:00 Coffee & Headlines [LR] 20 10:00 Gentle Stretching [LR] 10:30 Manicures & Hand Massages [LR] 1:00 CC Project Linus [CR] 2:00 Move to Music [LR] 3:00 Classic Hymns 6:00 Popcorn Theater [LR]
9:00 Coffee & Prayers [LR] 21 10:00 SS Worship Service [C] 10:30 Busy Hands [D] 1:30 LL Outdoor Enthusiasts [P] 2:00 Broadway Classics [LR] 3:00 Moving & Grooving [L] 6:00 Rosary [LR]	9:00 Coffee & Daily News [LR] 22 10:00 Chair Exercise [LR] 10:30 Dog Days of Summer [L] 11:00 Catholic Communion [R] 12:45 Exploring Downtown [BT] 1:00 CE Taste & Tell with Chef Dave [R] 2:00 PE Fitness in 15 [LR] 3:00 Live Music! Bombshell Betty [G]	9:00 Coffee & Devotions [LR] 23 10:00 Stretch and Flex [LR] 10:30 CE Tuesday Trivia [LR] 1:30 Finish the Lyrics [G] 2:00 Indoor Soccer [LR] 3:00 Science Lab [C/G] 6:00 Chicken Soup for the Soul [LR]	9:00 Coffee & Headlines [LR] 24 10:00 Movin' and Groovin' [LR] 10:45 SS Catholic Mass [R] 1:00 Finish the Lyrics [LR] 1:30 Let's Learn [R] 3:00 AE Art Therapy [D] 6:00 Evening Stroll	Happy Birthday Anita! 25 9:00 Coffee & Prayers [LR] 10:00 Morning Movement [LR] 11:00 Rosary [C] 1:00 Cooking Club [CR] 1:45 PE Gentle Chair Yoga with Marie [L] 3:00 Anita's Birthday Bash [P] 6:00 Classic Movies [LR]	9:00 Coffee & Daily News [LR] 26 10:00 Sit and Be Fit [LR] 10:30 CC Coups for Troops [CR] 12:45 Visiting Local Farms [BT] 2:00 Target Practice [LR] 3:00 Lemonade & Laughs [L] 6:00 CE This Day in History [LR]	9:00 Coffee & Headlines [LR] 27 10:00 Gentle Stretching [LR] 10:30 LL Manicures & Hand Massages [LR] 1:00 AE Saturday Art Class [CR] 2:00 Move to Music [LR] 3:00 Spiritual Sing Along [LR] 6:00 Saturday Evening Flick
9:00 Coffee & Prayers [LR] 28 10:00 SS Worship Service [C] 10:30 PE Morning Stroll 1:30 Bird Watching Group [P] 2:00 Big Band Hits [LR] 3:00 Sit Down Dancing [L] 6:00 Rosary [LR]	Happy Birthday Jeannette! 29 9:00 Coffee & Daily News [LR] 10:00 Chair Exercise [LR] 10:30 LL Love on a Leash [L] 2:00 Jeannette's Birthday Bash [P] 3:00 Live Music! Bobby Bourassa [G] 6:00 Catholic Communion	9:00 SS Coffee & Devotions [LR] 30 10:00 Stretch and Flex [LR] 10:30 Tuesday Trivia [LR] 1:30 Name That TV Tune [G] 2:00 Indoor Soccer [LR] 3:00 What Am I? [L] 6:00 Chicken Soup for the Soul [LR]	9:00 Coffee & Headlines [LR] 31 10:00 Movin' and Groovin' [LR] 10:30 Speedy Recall [L] 1:30 Busy Hands [CR] 2:00 PE Giant Bowling [LR] 3:00 Drum Circle 6:00 Evening Stroll	1440 Wampanoag Trail East Providence, RI 02915 401-433-5000		
			AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support			Healthy Snacks & Hydration offered throughout each day!