

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 Scenic Tour- 1:45pm
<u>Wednesday, July 3:</u> Celebrating Friends & Family Bingo- 2:00pm
<u>Monday, July 8:</u> Lunch Outing to Cracker Barrel & Shopping at Christmas Tree Shop- 11:30am
<u>Wednesday, July 17:</u> Ferry Ride to Newport & Picnic - 9:00am
<u>Thursday, July 18:</u> Celebrating Friends & Family Happy Hour: 4:00pm
<u>Friday, July 26:</u> Wright's Dairy Farm Trip- 2:00pm
<u>Monday, July 29:</u> Picnic in the Park- 11:30am



Newport Creamery Outing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	9:15 Chair Exercise [R] 1 10:00 PE Forever Fit [R] 10:30 Love on a Leash [L] 11:00 Catholic Communion [R] 11:30 Chef Chat [G] 1:45 Patriotic Scenic Tour [BT] 3:00 Live Music: Susan McLeod [G]	9:15 Morning Movement [R] 2 10:00 Forever Fit [R] 11:15 Tuesday Trivia [R] 1:30 AE Fun Sponge Fireworks [C/G] 2:30 Bingo [R] 3:00 What Am I? [L] 4:00 CC Coups For Troops [C/G]	9:15 Sit and Be Fit [R] 3 10:30 Town Meeting with Jean [R] 11:00 Aim for the Stars Game [P] 2:00 LL Celebrating Friends & Family Patriotic Bingo [R] 3:15 4th of July Trivia [G] 4:00 Firecracker Popsicle Social [G] 6:30 Evening Stroll	Independence Day 4 9:15 Chair Exercise [R] 10:30 234th Bristol Parade [R] 11:00 SS Rosary [C] 12:30 4th of July Luncheon [D] 1:45 CE Let's Celebrate: Independence Day Discussion [L] 3:00 Patriotic Drum Circle [L] 6:30 Independence Day Art [C/G]	9:00 Manicures & Hand Massages [L] 5 9:15 Stretch and Flex [R] 10:00 Errand Day [BT] 11:30 iPad Training [C/G] 12:30 Welcome Committee [D] 2:00 LL Anchor Bay Walking Club [BT] 3:30 Mind Aerobics [C/G]	9:15 Morning Movement [R] 6 10:00 AE Cards with Carol [C/G] 11:30 July I.Q [G] 1:30 Giant Bowling [L] 2:30 July Bingo [F] 3:30 Snow Cone Saturday [G] 4:00 Family Flick [R]
9:15 Sunday Stretches [R] 7 10:00 SS Musical Worship Service with Merryl Havens [R] 10:45 Coffee Chat [G] 11:30 How Many Words? [C/G] 1:30 Outdoor Views [P] 2:00 Rummikub Club [LB] 3:00 Spiritual Sing Along with Rick Waugh [R]	9:15 Chair Exercise [R] 8 10:00 PE Forever Fit [R] 10:30 Puppy Pals [L] 11:00 Menu Review [G] 11:30 Lunch Outing to Cracker Barrel & Shopping Trip to Christmas Tree Shop [BT] 3:00 SS Guided Afternoon Meditation [C] 6:30 Creative Coloring [C/G]	9:15 Morning Movement [R] 9 10:00 Forever Fit [R] 11:15 CE Trivia Troop [R] 1:30 Name That Tune [G] 2:30 Bingo [R] 3:00 Mad Science [C/G] 4:00 Knitting and Crocheting [G]	9:15 Sit and Be Fit [R] 10 10:30 Activity Update with Jennifer [R] 11:00 CC Blessing Bags [C/G] 1:30 Hollywood Stars [R] 2:30 Random Trivia [G] 4:00 Wine Wednesday [G] 6:30 Evening Stroll	9:15 Chair Exercise [R] 11 10:00 Forever Fit [R] 11:00 Rosary [C] 1:45 AE Let's Bake! [C/G] 2:30 Bingo [R] 3:30 Weekly Chronicles [G] 5:30 July Birthday Party [D]	9:00 Pamper Your Hands [L] 12 9:15 Stretch and Flex [R] 10:00 Walmart Shopping [BT] 10:15 Tom the Volunteer's Birthday Bash [L] 11:30 iPad Training [C/G] 2:00 PE Sabin Point Walkers [BT] 3:30 Cranium Crunches [C/G]	9:15 Morning Movement [R] 13 11:30 Scooping Up Smiles [C/G] 1:30 PE Balloon Volleyball [L] 2:30 Just For Fun Bingo [F] 3:30 National Ice Cream Cone Social [G] 4:00 Afternoon Comedy Matinee [R]
9:15 Sunday Stretches [R] 14 10:00 SS Worship Service [R] 10:45 Mid-Morning Mingle [G] 11:30 Cascading Words [G] 1:30 Natures Wonders [P] 2:00 Rummikub Club [LB] 3:00 Sit Down Dancing [L]	9:15 Chair Exercise [R] 15 10:00 PE Forever Fit [R] 10:30 Helping Paws [L] 11:15 Chef Chat [G] 1:45 Awful Awful Mondays [BT] 3:00 Live Music: Manny Brando [G] 6:30 Catholic Communion [R]	9:15 Morning Movement [R] 16 10:00 Forever Fit [R] 11:15 Tuesday Trivia [R] 1:30 Anchor Bay Sing Along [G] 2:30 Bingo [R] 3:00 Who Am I? [L] 4:00 CC Coups For Troops [C/G]	9:00 LL Ferry Ride to Newport and Picnic at King's Park [BT] 9:15 Sit and Be Fit [R] 10:30 Fresh Flower Arranging [C/G] 1:30 CE Arm Chair Travels: Great Festivals of Europe [R] 2:30 Everybody Knows Trivia [G] 4:00 Wii Sports [R] 6:30 Evening Stroll	9:15 Chair Exercise [R] 18 10:00 Forever Fit [R] 11:00 SS Rosary [C] 1:45 Cooking with Class [C/G] 2:30 Bingo [R] 3:30 This Day in History [G] 4:00 Celebrating Friends & Family Happy Hour [G]	9:00 Marvellous Manicures [L] 19 9:15 Stretch and Flex [R] 10:00 Barrington Shopping Center [BT] 10:30 AE Pop-Sicle Art [C/G] 11:30 iPad Training [C/G] 2:00 LL Anchor Bay Walking Club [BT] 3:30 Brain Games [C/G]	9:15 Morning Movement [R] 20 11:30 Short Story Saturday: Over the Moon [G] 1:30 Aim for the Stars Game [P] 2:30 Ocean Bingo [F] 3:30 Moon Pie Social 4:00 LL Outer Space Matinee [R]
9:15 Sunday Stretches [R] 21 10:00 SS Worship Service [R] 10:45 Coffee and Coverstaion [G] 11:30 Word Games [C/G] 1:30 Bird Watching [P] 2:00 Rummikub Club [LB] 3:00 Moving and Grooving [L]	9:15 Chair Exercise [R] 22 10:00 PE Forever Fit [R] 10:30 Dog Days of Summer [L] 11:00 SS Catholic Communion [R] 11:30 Menu Review [G] 1:45 Sabin Point Walkers [BT] 3:00 Live Music: Bombshell Betty [G] 6:30 AE Summer Art [C/G]	9:15 Morning Movement [R] 23 10:00 Forever Fit [R] 11:15 CE Trivia Troop [R] 1:30 Finish the Lyrics [G] 2:30 Bingo [R] 3:00 Science Lab [C/G] 4:00 Knitting and Crocheting [G]	9:15 Sit and Be Fit [R] 24 10:45 Catholic Mass [R] 11:00 CC Blessing Bags [C/G] 1:30 Let's Learn [R] 2:30 Name 10 [G] 4:00 Wine Wednesday [G] 6:30 Evening Stroll	9:15 Chair Exercise [R] 25 10:00 Forever Fit [R] 11:00 Rosary [C] 1:45 PE Gentle Chair Yoga [L] 2:30 Bingo [R] 3:30 Weekly Chronicles [G] 4:00 National Hot Fudge Sundae Day [G]	9:00 Pamper Your Hands [L] 26 9:15 Stretch and Flex [R] 10:00 Dollar Tree Shopping [BT] 11:30 iPad Training [C/G] 12:30 New Resident Orientation [D] 2:00 LL Wright's Dairy Farm Trip [BT] 3:30 Mental Fitness [C/G]	9:15 Morning Movement [R] 27 11:30 Reminiscing: Remembering Berry Picking [G] 1:30 PE Toss and Talk [L] 2:30 Just For Fun Bingo [F] 3:30 Blueberry Month Social 4:00 Musical Matinee [R]
9:15 Sunday Stretches [R] 28 10:00 SS Worship Service [R] 10:45 Great Room Gathering [G] 10:45 Pastries and Puzzles [P] 11:30 What's Next? [C/G] 1:30 Identify Wildlife [P] 2:00 Rummikub Club [LB] 3:00 Sit Down Dancing [L]	9:15 Chair Exercise [R] 29 10:00 PE Forever Fit [R] 10:30 Love on a Leash [L] 11:00 Chef Chat [G] 11:30 Picnic in the Park [BT] 3:00 Live Music: Bobby Bourassa [G] 6:30 Catholic Communion [R]	9:15 Morning Movement [R] 30 10:00 Forever Fit [R] 11:15 Tuesday Trivia [R] 1:30 Name That TV Tune 2:30 "Sweeten the Pot" Bingo [R] 3:00 What Am I? [L] 4:00 CC Coups For Troops [C/G]	9:15 Sit and Be Fit [R] 31 10:30 Health Update with Deb [R] 11:00 AE Let's Bake! [C/G] 1:30 CE Anchor Bay Trivia Challenge: East Providence vs. Pocasset [R] 3:00 Cupcake Creations [C/G] 4:00 Left, Right, Center Game 6:30 Evening Stroll	<div>1440 Wampanoag Trail East Providence, RI 02915 401-433-5000</div> <div>AE Artistic Expression CC Community Connections CE Continuing Education LL Lifestyle & Leisure PE Physical Engagement SS Spiritual Support</div>		Location Keys Bus Trip BT Chapel C Crafts/Greenhouse C/G Dining Room D Fun Room F Great Room G Library LB Lounge L Patio P Recreation Room R