September
2019

Anchor Bay at Pocasset

Anchor Bay at Pocasset
12 & 14 Old Pocasset Lane
Johnston, RI 02919

DO YOU SPEAK DEMENTIA?

Talking Tips:
Focus your attention on your loved one when having a conversation. He or she will feel reassured by your undivided attention, and you're less likely to misunderstand or miss something if your loved one struggles with speaking clearly.

Use simple language, such as concrete words and short sentences. If your loved one suffers from dementia or other language difficulties, keeping language simple can help him or her follow the conversation better.

Be patient. Not being able to communicate as easily as before can be very frustrating, and that frustration can make finding the right words even harder.

Be persistent and creative. Your loved one may not understand you the first time. Be prepared to try again with a different way to express your meaning.

Minimize background noise. Background noise can muddle the sound of your voice, especially if your loved one suffers from hearing loss.

Face your loved one and enunciate clearly. Someone who is hard of hearing may be better able to follow the conversation by watching your facial expressions and mouth movements.

HAPPY BIRTHDAY TO YOU...

9/4 Rose M.
9/8 Nancy G.
9/9 Gloria C.
9/9 Florence B.
9/10 Alfred F.
9/16 John O.
9/18 Anne I.
9/18 Phyllis M.
9/20 Vivian M.
9/23 Joyce S.
9/27 Lee D.
9/28 Rose I.

Join Us at Our Birthday Bash
Thursday, September 26th at 4:00pm
to Celebrate ALL September Birthdays!

Today's Trend
Mediterranean Diet

Mediterranean diet is named for the way of cooking and eating in countries along the Mediterranean Sea, such as Greece and Italy. People in this region report low rates of cardiovascular diseases, and research has shown that the Mediterranean diet may contribute to a lower risk of diabetes, certain cancers, osteoporosis, Parkinson's and Alzheimer's diseases, and depression.

The diet emphasizes plant-based foods, specifically fruits and vegetables, legumes, nuts and whole grains. Olive oil is the most prominent fat used, but other healthy fat sources include avocados and nuts. Followers of the Mediterranean diet eat fish or poultry at least twice a week but consume red meat just a few times a month. Instead of using excess salt, herbs and spices are used

WHAT'S HAPPENING...

9/2 Music with Steve Burke
9/2 Labor Day Luncheon
9/3 Music with Janine Andrews
9/4 Music with Luke Jackson
9/5 Welcome Social - Meet You Neighbors!
9/8 Golden Age of Music
9/10 Pretty Things Sale
9/11 Heroes for Heroes
9/17 Creative Waffle Breakfast
9/19 Music with Joanie Sherlock
9/23 Music with Kalifornia Karl
9/24 Tap n Time
9/25 Trivia Challenge vs. East Providence
9/27 International Coffee Day
9/28 Music with Bob Tremblay

Cruisin' Into Fall...

September 2019
Independent Living Lifestyle & Leisure

created with Sagely

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 St. Robert's Church [BT] 10:00 Sit & Be Fit [CR] 11:00 Pokeno [CY] 1:30 Wii Bowling [CR] 2:30 Afternoon Matinee [CR] 3:00 Horseracing [CY] 4:00 Scrabble [C] 6:30 Pay Me Game [CY]	**2** 10:00 Sit & Be Fit [CR] 10:30 Music w/ Steve B. [AL] 12:00 Labor Day Luncheon [DR] 1:30 Ladder Golf [CY] 1:30 Troopons [CY] 2:30 Left, Right, Center [CY] 3:00 BINGO $ [CR] 6:30 Blackjack Bets $ [AL]	**3** 9:30 Communion [AL] 10:00 Sit & Be Fit [CR] 10:30 Cranium Crunches [CR] 11:00 iPad [CR] 1:30 Blackjack Bets $ [CY] 1:30 Hollywood Stars [CR] 3:00 Bunco [CY] 6:30 BINGO Night $ [AL]	**4** 9:30 Banking & Shopping [BT] 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 1:30 Meditation [CH] 2:30 Bunco [CY] 3:00 Chorus [CR] 6:30 BINGO Night $$ [CR] 6:30 Music w/ Luke J. [AL]	**5** 10:00 Sit & Be Fit [CR] 10:30 Good News Network [CR] 11:00 Welcome Social [CR] 1:30 Walking Club [A] 2:00 Armchair Travel [CR] 3:00 Get Your Game On [AL] 4:00 Happy Hour [AL] 6:30 Blackjack Bets $ [CY]	**6** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Cooking Club [CY] 1:30 Walking Club [A] 2:00 Horseracing [CY] 3:00 BINGO $ [CR] 4:00 Rosary [AL] 6:30 Dealer's Choice [C]	**7** 10:00 Sit & Be Fit [CR] 10:30 Chain of Thought [CR] 11:00 Arts & Crafts [CY] 1:30 Bible Study [CH] 1:30 Manicures [CY] 2:30 Afternoon Matinee [CR] 4:00 Kings In the Corner [C] 6:30 BINGO Night $ [CR]
8 9:30 St. Robert's Church [BT] 10:00 Sit & Be Fit [CR] 11:00 Pokeno [CY] 1:30 Wii Bowling [CR] 2:30 Afternoon Matinee [CR] 3:00 Horseracing [CY] 4:00 Scrabble [C] 6:30 Golden Age of Music [AL]	**9** 10:00 Sit & Be Fit [CR] 1:30 Floral Arranging [CY] 1:30 Meditation [CH] 2:00 Out & About [BT] 2:30 Left, Right, Center [CY] 3:00 BINGO $ [CR] 6:30 Blackjack Bets $ [AL] 6:30 Music w/ Bud P. [A]	**10** 9:30 Communion [AL] 10:00 Sit & Be Fit [CR] 10:30 Cranium Crunches [CR] 11:00 Pretty Things Sale [A] 1:30 Blackjack Bets $ [CY] 1:30 Food Forum [AR] 3:30 Rummikub [CY] 6:30 BINGO Night $ [AL]	**11** 9:30 Banking & Shopping [BT] 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Heroes for Heroes [BT] 2:00 Adult Ed Class [CR] 2:30 Bunco [CY] 3:00 Chorus [CR] 6:30 BINGO Night $$ [CR]	**12** 10:00 Sit & Be Fit [CR] 10:30 News & Views [CR] 11:00 Program Meeting [CR] 1:30 Walking Club [A] 2:00 Learn & Explore [CR] 3:00 Get Your Game On [AL] 4:00 Happy Hour [A] 6:30 Blackjack Bets $ [CY]	**13** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Catholic Service [CR] 1:30 Walking Club [A] 2:00 Horseracing [AR] 3:00 BINGO $ [CR] 4:00 Rosary [AL] 6:30 Dealer's Choice [C]	**14** 10:00 Sit & Be Fit [CR] 10:30 Chain of Thought [CR] 11:00 Arts & Crafts [CY] 1:30 Bible Study [CH] 1:30 Manicures [CY] 2:30 Afternoon Matinee [CR] 4:00 Kings In the Corner [C] 6:30 BINGO Night $ [CR]
15 9:30 St. Robert's Church [BT] 10:00 Sit & Be Fit [CR] 11:00 Pokeno [CY] 1:30 Wii Bowling [CR] 2:30 Afternoon Matinee [CR] 3:00 Horseracing [CY] 4:00 Scrabble [C] 6:30 Pay Me Game [CY]	**16** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:30 Lunch Outing [BT] 1:30 Meditation [CH] 1:30 Troopons [CY] 2:30 Left, Right, Center [CY] 3:00 BINGO $ [CR] 6:30 Blackjack Bets $ [AL]	**17** 7:00 Creative Breakfast [DR] 9:30 Communion [AL] 10:00 Sit & Be Fit [CR] 10:30 Cranium Crunches [CR] 1:30 Blackjack Bets $ [CY] 1:30 Hollywood Stars [CR] 3:00 Bunco [CY] 6:30 BINGO Night $ [AL]	**18** 9:30 Banking & Shopping [BT] 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Hi Lo Jack [CR] 2:00 Adult Ed Class [CR] 2:30 Bunco [CY] 3:00 Chorus [CR] 6:30 BINGO Night $$ [CR]	**19** 10:00 Sit & Be Fit [CR] 10:30 Good News Network [CR] 11:00 Town Hall Meeting [CR] 1:30 Walking Club [A] 2:00 Armchair Travel [CR] 3:00 Get Your Game On [AL] 4:00 Happy Hour w/ Joanie S. [AL] 6:30 Blackjack Bets $ [CY]	**20** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Cooking Club [CY] 1:30 Walking Club [A] 2:00 Horseracing [CY] 3:00 BINGO $ [CR] 4:00 Rosary [AL] 6:30 Dealer's Choice [C]	**21** 10:00 Sit & Be Fit [CR] 10:30 Chain of Thought [CR] 11:00 Arts & Crafts [CY] 1:30 Bible Study [CH] 1:30 Manicures [CY] 2:30 Afternoon Matinee [CR] 4:00 Kings In the Corner [C] 6:30 BINGO Night $ [CR]
22 9:30 St. Robert's Church [BT] 10:00 Sit & Be Fit [CR] 11:00 Pokeno [CY] 1:30 Wii Bowling [CR] 2:30 Afternoon Matinee [CR] 3:00 Horseracing [CY] 4:00 Scrabble [C] 6:30 Pay Me Game [CY]	**23** 10:00 Sit & Be Fit [CR] 1:30 Floral Arranging [CY] 1:30 Meditation [CH] 2:00 Out & About [BT] 2:30 Left, Right, Center [CY] 3:00 BINGO $ [CR] 6:30 Blackjack Bets $ [AL] 6:30 Music w/ Kali Karl [CR]	**24** 9:30 Communion [AL] 10:00 Sit & Be Fit [CR] 10:30 Cranium Crunches [CR] 1:30 Blackjack Bets $ [CY] 1:30 Food Forum [CR] 2:00 Tap n Time [AAR] 3:30 Rummikub [CY] 6:30 BINGO Night $ [AL]	**25** 8:30 Casino Outing [BT] 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Hi Lo Jack [CR] 2:00 Trivia Challenge vs. EP [AL] 2:30 Bunco [CY] 3:00 Chorus [CR] 6:30 BINGO Night $$ [CR]	**26** 10:00 Sit & Be Fit [CR] 10:30 News & Views [CR] 11:00 Good Deeds Club [CR] 11:00 Walking Club [A] 2:00 Learn & Explore [CR] 3:00 Get Your Game On [AL] 4:00 Birthday Bash [A] 6:30 Blackjack Bets $ [CY]	**27** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 11:00 Catholic Service [CR] 1:30 Walking Club [A] 2:00 Coffee Bar [A] 3:00 BINGO $ [CR] 4:00 Rosary [AL] 6:30 Dealer's Choice [C]	**28** 10:00 Sit & Be Fit [CR] 10:30 Chain of Thought [CR] 11:00 Arts & Crafts [CY] 1:30 Bible Study [CH] 1:30 Manicures [CY] 2:30 Afternoon Matinee [CR] 4:00 Music w/ Bob P. [AL] 6:30 BINGO Night $ [CR]
29 9:30 St. Robert's Church [BT] 10:00 Sit & Be Fit [CR] 11:00 Pokeno [CY] 1:30 Wii Bowling [CR] 2:30 Afternoon Matinee [CR] 3:00 Horseracing [CY] 4:00 Scrabble [C] 6:30 Pay Me Game [CY]	**30** 10:00 Sit & Be Fit [CR] 10:30 Brain Games [CR] 1:30 Meditation [CH] 1:30 Troopons [CY] 2:00 Out & About [BT] 2:30 Left, Right, Center [CY] 3:00 BINGO $ [CR] 6:30 Blackjack Bets $ [AL]					

AnchorBay™ AT POCASSET
INDEPENDENT LIVING
ASSISTED LIVING

Anchor Bay at Pocasset
12 & 14 Old Pocasset Lane
Johnston, RI 02919

- Artistic Expression
- Community Connections
- Continuing Education
- Lifestyle & Leisure
- Physical Engagement
- Spiritual Support

Location Keys

AL Activity Room	AAR
AL Lobby	AL
Activity Room	AR
Atrium	A
Bus Trip	BT
Cafe	C
Chapel	CH
Club Room	CR
Courtyard	CY
Dining Room	DR