



John Clarke

SENIOR LIVING



TRUSTWORTHY - RESPONSIVE - UNITY - SERVICE - THRIVING

Dear John Clarke Community,

Autumn Greetings!

The air is getting crisp, and the foliage is beginning to turn magnificent shades of yellow, orange and red! Our halls are decorated with fantastic Halloween and autumn decorations thanks to Sherry Fortin, our wonderful volunteer!

Sherry was recently awarded Volunteer of the Year by the Rhode Island Health Care Association at its Annual Quality Symposium at the Crown Plaza in Warwick.

Sherry has been volunteering at least 15 hours a week for over seven years. Her support of the center stems from a desire to serve the community that cares for her dad, provided skilled and hospice care for her mother and her grandparents. Sherry is a self-starter who takes the initiative to assist residents and their families without being asked. She jumps-in to transport residents, assists with setting up their meals, accompanying them on trips



to the beach, restaurants and ice-cream stands. She organized painting and crochet classes for the residents which produced several lovely pieces. Her creative skills are simply unmatched. Sherry hand makes all the seasonal decorations around our community. She purchases the materials and uses a custom cutting machine to make holiday signs and cutouts. Sherry frequently spearheads bake sales and other events to raise funds for the Resident Activity Fund. Her baking skills are unsurpassed and the quantity of delicious treats she produces rival our local bakeries.

At the beginning of each summer, Sherry travels to Florida to bring her granddaughter, Lucy back to Rhode Island to volunteer with her at the center. Lucy, now six years old, has been coming with Sherry since she was eighteen months. Under Sherry's watchful eye, Lucy assists with activities, and can be found skipping in and out of resident rooms giving hugs and leaving smiles. Sherry is instilling servitude and volunteerism in her charming granddaughter, and we are hopeful that these values will continue throughout Lucy's life.

Sherry casts a delightful, warm, and kind glow that is infectious. She rallies and encourages our team to celebrate, enjoy and delight in one another. We are all truly grateful for the positive impact that she has on our lives.

We can always use more Sherrys here at John Clarke so if you are interested in volunteering and donating some time to our wonderful community, please reach out to Robin Hannon, Recreation Director.

Warm Regards,

Joan M. Woods,
Chief Executive Officer



Let Your Voice be Heard... Surveys are Coming Your Way!

John Clarke is determined to provide excellent care and service. Family members of our resident's will be receiving a survey in the mail around the 7th of November. It is extremely important you complete the survey. We are hoping to get one back from every family member. Help us meet our goal!



LAST MONTH WE
CELEBRATED THE LOVE OF
TWO RESIDENTS FROM OUR
RETIREMENT COMMUNITY.



THANK YOU FOR INCLUDING ALL OF
US IN YOUR SPECIAL DAY NORMA AND BOB.

Chefs Corner

Bosc Pear Bacon and Bleu Cheese Crostini

Ingredients:

- 1 Bosc pear sliced thin
- 1 cup apple cider
- Tbsp. unsalted butter
- 1tbsp. Olive oil
- 1 sliced French baguette
- Tsp. Kosher salt
- 1/2lb. Maple bacon
- 3/4 cup Bleu cheese crumbles
- Tbsp. fresh sage

Directions:

Cook off bacon and set aside. Drizzle olive oil over baguettes and sprinkle with salt. Grill or broil baguettes until golden brown and set aside. In a saucepan sauté butter, apple cider and pears until pears are tender. Build the crostini with pears, bacon and top with crumbled bleu cheese. Broil for about 2



minutes until the bleu cheese is slightly melted keep a close eye as it will burn quickly. Sprinkle with sage and serve.

Enjoy,

Chef Scott

Here's What's Cooking at John Clarke in October

Week of October 2

(Assorted dry cereals and jams/jellies available on each menu as desired)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST Ass't Juices Pancakes Bacon Toast Fresh Berries COFFEE/TEA/MILK	Ass't Juices Fried Eggs Hash Browns Blueberry Muffin Banana COFFEE/TEA/MILK	Ass't Juices Eggs Benedict With Ham over English Muffin Warm Apples COFFEE/TEA/MILK	Ass't Juices Texas French Toast w/ Sausages Sliced Mandarin Oranges COFFEE/TEA/MILK	Ass't Juices Scrambled Eggs Apple Muffins Corned Beef Hash Cantaloupe Slice COFFEE/TEA/MILK	Ass't Juices Waffles w/ Blueberries Bacon Peach Muffin Banana COFFEE/TEA/MILK	Ass't Juices Western Omelet Sliced Tomato Multigrain Toast Fresh Fruit COFFEE/TEA/MILK
DINNER Ass't Juices Roast Beef w/ Gravy (Sub) Baked Stuffed Fish Herb Roasted Potato Green Beans (Sub) Corn Dinner Roll Ice Cream Sundae COFFEE/TEA/MILK	Ass't Juices Roasted Chicken (Sub) Broiled Pork Chops Mashed Potatoes Scallop Potatoes Broccoli Pineapple Upside Down Cake Pineapple Chunks w/ Topping COFFEE/TEA/MILK	Ass't Juices Baked Meatloaf w/ Gravy (Sub) Cheese Manicotti Mashed Potatoes Corn (Sub) Mixed Vegetables Strawberry Shortcake Strawberry Ice Cream Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Roasted Turkey (Sub) Liver and Onions Stuffing Green Beans (Sub) Wax Beans Strawberry Ice Cream Chocolate Pudding Parfait Diet Chocolate Pudding COFFEE/TEA/MILK	Ass't Juices Shepherds Pie (Sub) Chicken Pot Pie Mashed Potatoes Carrots (Sub) Beets Chocolate Pudding Parfait Diet Chocolate Pudding COFFEE/TEA/MILK	Ass't Juices Fish and Chips Cole Slaw (Sub) Roasted Chicken (Sub) Broccoli (Sub) Mashed Potatoes Oatmeal Raisin Cookie Garlic Bread Chocolate Cake Diet Chocolate Cake COFFEE/TEA/MILK	Ass't Juices Lasagna (Sub) BBQ Ribs Tossed Salad w/ Ranch Dressing (Sub) Green Beans Garlic Bread Chocolate Cake Diet Chocolate Cake COFFEE/TEA/MILK
SUPPER Ass't Juices Broccoli & Cheese Soup American Chop Suey Turkey and Cheese Sandwich (Sub) Lettuce and Tomato Apple Crisp (Sub) Apple Sauce COFFEE/TEA/MILK	Ass't Juices Tomato Soup Grilled Cheese Sandwich (Sub) Tuna Salad Sandwich Chips Carrot Slaw Blueberry Pie or Fresh Fruit COFFEE/TEA/MILK	Ass't Juices Vegetable Soup Cheesburger (Sub) Bologna & Cheese Sandwich Tator Tots Lettuce & Tomato Sherbet COFFEE/TEA/MILK	Ass't Juices Onion Soup Shaved Steak Grinder (Sub) Hot Dog on a Bun Chips or Macaroni Salad Fresh Melon COFFEE/TEA/MILK	Ass't Juices Mincemeat Soup Shaved Ham and Cheese (Sub) Peanut Butter & Jelly on 12-Grain Bread Potato Salad Ice Cream Sandwich COFFEE/TEA/MILK	Ass't Juices Clam Chowder Tuna Salad Sandwich (Sub) Chicken Salad Sandwich Lettuce & Tomato Chips or 3 Bean Salad Pickle Spear Ice Cream Bar COFFEE/TEA/MILK	Ass't Juices Chicken Noodle Soup Slippery Joe's (Sub) Egg Salad Sandwich Sliced Cucumber or Cole Slaw Banana Cake with Topping Fresh Banana COFFEE/TEA/MILK

The following nourishment items are offered each day after the evening meal until bedtime:

Fig Newtons	Juices
Oatmeal Cookies	Ginger Ale
Chocolate Chip Cookies	Milkshakes
Peanut Butter Cookies	Milk
Graham Crackers	Healthshakes
Saltines	

Week of October 9th

(Assorted dry cereals and jams/jellies available on each menu as desired)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST Ass't Juices Pancakes Bacon Toast Fresh Berries COFFEE/TEA/MILK	Ass't Juices Fried Eggs Hash Browns Blueberry Muffin Banana COFFEE/TEA/MILK	Ass't Juices Corned Beef Hash Boiled Egg Toast Fruit Cup COFFEE/TEA/MILK	Ass't Juices Texas French Toast w/ Sausages Sliced Mandarin Oranges COFFEE/TEA/MILK	Ass't Juices Scrambled Eggs w/ Corned Beef Hash 12-Grain Toast Cantaloupe Slice COFFEE/TEA/MILK	Ass't Juices Belgium Waffles w/ Syrup Sausage Banana COFFEE/TEA/MILK	Ass't Juices Sausage Omelet Sliced Tomato Peach Muffin Toast Fresh Fruit COFFEE/TEA/MILK
DINNER Ass't Juices Stuffed Chicken (Sub) Baked Salmon Scalloped Potatoes Green Beans Peas and Carrots Dinner Roll Ice Cream Sundae Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Roast Turkey (Sub) Liver and Onions Stuffing Peas (Sub) Broccoli (Sub) Beets Blueberry Pie or Fresh Fruit COFFEE/TEA/MILK	Ass't Juices Baked Stuffed Sole (Sub) Chicken Rondelet Oven Brown Potatoes Zucchini Pasta Green Beans (Sub) Corn Coffee Ice Cream COFFEE/TEA/MILK	Ass't Juices Fried Chicken (Sub) Salisbury Steak w/ Mushroom Gravy Pasta Garlic Mashed Tossed Salad (Sub) Cauliflower Coffee Ice Cream Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Braised Short Rib w/ Demi Glace (Sub) Smothered Pork Chops Pasta Garlic Mashed Tossed Salad (Sub) Yellow Squash Banana Pudding Parfait Diet Banana Pudding COFFEE/TEA/MILK	Ass't Juices Baked Fish (Sub) Beef Pot Pie Baked Potato Mixed Vegetable (Sub) Yellow Squash Fresh Fruit COFFEE/TEA/MILK	Ass't Juices Sweet and Sour Chicken (Sub) Stuffed Shells Rice Green Beans Mixed Vegetable Peach Cobbler Peaches COFFEE/TEA/MILK
SUPPER Ass't Juices Three Bean Soup BBQ Pulled Pork w/ Caramelized Onions on a bun (Sub) Ham Sandwich w/ Lettuce and Tomato Chips or Cole slaw Peanut Butter Cookie COFFEE/TEA/MILK	Ass't Juices Minestrone Soup Meatball Sandwich (Sub) Bologna & Cheese Tossed Salad or Potato Salad Sliced Peaches and Topping (Regular & Diet) COFFEE/TEA/MILK	Ass't Juices Broccoli & Cheese Soup Tuna Salad on a Topped Roll (Sub) Egg Salad Chips Lettuce & Tomato Pickle Spear Sherbet COFFEE/TEA/MILK	Ass't Juices Garden Vegetable Tomato Soup Grilled Cheese (Sub) Peanut Butter & Jelly on 12-Grain Bread Tater Tots Pickles Oatmeal Raisin Cookie Diet Fruit Cocktail COFFEE/TEA/MILK	Ass't Juices Chicken Rice Soup Chicken Patti on a Bun (Sub) Hot Dog Chips or 3 Bean Salad Lettuce, Tomato & Olives Pears with Topping (Regular & Diet) COFFEE/TEA/MILK	Ass't Juices Clam Chowder Seafood Salad on a Roll (Sub) Ham & Cheese Sandwich Potato Salad Lettuce & Tomato Brownie Sundae Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Onion Soup Roast Beef Sandwich (Sub) Turkey Sandwich Tossed Salad with French Dressing Or Pasta Salad Butterscotch Pudding (Regular & Diet) COFFEE/TEA/MILK

The following nourishment items are offered each day after the evening meal until bedtime:

Fig Newtons	Juices
Oatmeal Cookies	Ginger Ale
Chocolate Chip Cookies	Milkshakes
Peanut Butter Cookies	Milk
Graham Crackers	Healthshakes
Saltines	

Week of October 16th

(Assorted dry cereals and jams/jellies available on each menu as desired)

+Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Ass't Juices Pancakes Bacon Toast Fresh Berries COFFEE/TEA/MILK	Ass't Juices Fried Eggs Hash Browns Blueberry Muffin Banana COFFEE/TEA/MILK	Ass't Juices Scrambled Eggs Canadian Bacon Multigrain Toast Fresh Fruit Peanut Butter Muffin COFFEE/TEA/MILK	Ass't Juices Texas French Toast w/ Sausages Sliced Mandarin Oranges COFFEE/TEA/MILK	Ass't Juices Boiled Eggs Corned Beef Hash Apple Muffins Slice Melon COFFEE/TEA/MILK	Ass't Juices Waffles w/ Warm Apples Bacon Banana COFFEE/TEA/MILK	Ass't Juices Scrambled Eggs w/ Toasted Bagel w/ Cream Cheese Fresh Fruit COFFEE/TEA/MILK
DINNER						
Ass't Juices Yankee Pot Roast (Sub) Lamb Steak Carrots & Mashed Potatoes (Sub) Pasta Dinner Roll Ice Cream Sundae Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Lasagna (Sub) Baked Fish w/ Dill Garlic Bread Zucchini (Sub) Corn Fruited Jello Diet Fruited Jello Strawberry Shortcake COFFEE/TEA/MILK	Ass't Juices Chicken Pot Pie (Sub) Smothered Pork Chops Tossed Salad w/ Italian Dressing (Sub) Broccoli Dinner Roll Cookies and Cream Ice Cream Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices BBQ Pulled Pork Sandwich (Sub) Chef Salad Black Beans and Rice Green Beans (Sub) Corn Dinner Roll Spice Cake w/ Icing Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Stuffed Peppers (Sub) Salisbury Steak Roasted Potatoes Carrots (Sub) Corn Cookies and Cream Ice Cream Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Fish & Chips (Sub) Chicken Rondelle Cole Slaw (Sub) Zucchini Apple Pie Diet Pudding COFFEE/TEA/MILK	Ass't Juices Hot Roast beef on a Torpedo (Sub) Maricotti Tator Tots Mixed Vegetable (Sub) Green Beans Peach Shortcake Peaches COFFEE/TEA/MILK
SUPPER						
Ass't Juices Split Pea Soup Ham & Cheese Turkey & Cheese Lettuce & Tomato and Pickle Bread Pudding Diet Pears COFFEE/TEA/MILK	Ass't Juices Chicken Salad (Sub) Tuna Salad Pasta Salad Carrot Slaw Chocolate Cream Pie Diet Chocolate Pudding COFFEE/TEA/MILK	Ass't Juices Hot Dog Bean casserole (Sub) Peanut Butter & Jelly on 12- Grain Bread Cole Slaw (Sub) 3 Bean Salad Brown Bread Fruit Cocktail COFFEE/TEA/MILK	Ass't Juices Escarole Soup Cheerio & Peppers on a Roll (Sub) Bologna & Cheese w/ Lettuce & Tomato Sweet Fries Brownie COFFEE/TEA/MILK	Ass't Juices Vegetable Soup Turkey salad Sandwich (Sub) Hot Dog Tossed Salader Pasta Salad Sherbet Applesause COFFEE/TEA/MILK	Ass't Juices Clam Chowder Tuna Salad (Sub) Cheeseburger Chips Lettuce & Tomato Pickle Spear Marble Pound Cake w/ Topping COFFEE/TEA/MILK	Ass't Juices Broccoli and Cheese Soup Meatball & Cheese sandwich (Sub) Turkey & Cheese Sandwich Macaroni Salad Lemon Meringue Pie Diet Lemon Pudding COFFEE/TEA/MILK

The following nourishment items are offered each day after the evening meal until bedtime:

Fig Newtons	Juices
Oatmeal Cookies	Ginger Ale
Chocolate Chip Cookies	Milkshakes
Peanut Butter Cookies	Milk
Graham Crackers	Healthshakes
Salines	

Week of October 23rd

(Assorted dry cereals and jams/jellies available on each menu as desired)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Ass't Juices Pancakes Bacon Toast Fresh Berries COFFEE/TEA/MILK	Ass't Juices Waffles w/ Syrup Bacon Banana COFFEE/TEA/MILK	Ass't Juices Boiled Egg Corn Beef Hash Toast Fruit Cup Peanut Butter Muffin COFFEE/TEA/MILK	Ass't Juices Texas French Toast w/ Sausages Sliced Mandarin Oranges COFFEE/TEA/MILK	Ass't Juices Frittata (peppers and onions) 12-Grain Toast Cantaloupe Slice COFFEE/TEA/MILK	Ass't Juices Cheese Omelet Raisin Bran Muffin or Toast Banana COFFEE/TEA/MILK	Ass't Juices Western Omelet Sliced Tomato Toast Fresh Fruit COFFEE/TEA/MILK
DINNER						
Ass't Juices Baked Ham w/ Maple Glaze (Sub) Lamb Steak Au Gratin Potatoes Green Beans (Sub) Cauliflower Dinner Roll Ice Cream Sundae Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Baked Fish (Sub) Salisbury Steak w/ Gravy Baked Potato Butterbean Squash (Sub) Sliced Tomato Lemon Square Diet Lemon Pudding COFFEE/TEA/MILK	Ass't Juices Roasted Pork Loin (Sub) Chicken Nuggets Oven Brown Red Bliss Potatoes Peas & Onions (Sub) Glazed Carrots Peach Cobbler Peaches COFFEE/TEA/MILK	Ass't Juices BBQ Chicken (Sub) Hot Dog in Pastry Potato Salad Cole Slaw (Sub) Wax Beans Vanilla Ice Cream (Regular & Diet) COFFEE/TEA/MILK	Ass't Juices Spaghetti & Meatballs (Sub) Veal Pattie Mashed Potatoes Tossed Salad w/ Dressing (Sub) Broccoli Garlic Bread Gingerbread w/ Topping Angel Food Cake COFFEE/TEA/MILK	Ass't Juices Tuna Salad (Sub) Chicken Salad Crescent Pasta Salad 3 Bean Salad (Sub) Lettuce & Tomato Fresh Fruit COFFEE/TEA/MILK	Ass't Juices Swedish Meatballs over Egg Noodles (Sub) Hot Dog on a Roll Green Beans Cole Slaw Chocolate Chip Cookies COFFEE/TEA/MILK
SUPPER						
Ass't Juices Chicken Vegetable Soup Tuna Melt on English Muffin (Sub) Peanut Butter & Jelly Sandwich on 12-Grain Bread Lettuce & Pickle CNips Chocolate Pudding COFFEE/TEA/MILK	Ass't Juices Vegetable Tomato Soup Grilled Cheese Sandwich (Sub) Egg Salad Sandwich Sweet Fries Pickle Spears Carrot Sticks Apple Pie COFFEE/TEA/MILK	Ass't Juices French Onion Soup Cheesburger (Sub) Sliced Turkey Sandwich Onion Rings Lettuce & Tomato Rice Pudding Diet Vanilla Pudding COFFEE/TEA/MILK	Ass't Juices Ham and Cheese Quiche (Sub) Bologna & Cheese on a Roll Baked Beans or Green Beans Peanut Butter Cookies Diet Fruit Cocktail COFFEE/TEA/MILK	Ass't Juices Ham & Bean Soup Hot Roast Beef on Torpedo House Salad (Sub) Peanut Butter & Jelly Sandwich on 12-Grain Bread Potato Chips Pears with Topping (Regular & Diet) COFFEE/TEA/MILK	Ass't Juices Clam Chowder Clam Cakes (Sub) Chicken Salad Sandwich Cucumber Salad or Cole Slaw Sherbet COFFEE/TEA/MILK	Ass't Juices Chicken Stew w/ Biscuit (Sub) Ham Biscuit w/ White Gravy Lettuce & Tomato or Carrots Bread Pudding Diet Peaches COFFEE/TEA/MILK

Fig Newtons	Juices
Oatmeal Cookies	Ginger Ale
Chocolate Chip Cookies	Milkshakes
Peanut Butter Cookies	Milk

The following nourishment items are offered each day after the evening meal until bedtime:

Week of October 30th
 (Assorted dry cereals and jams/jellies available on each menu as desired)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAKFAST						
Ass't Juices Pancakes w/ Syrup Bacon Toast Fresh Berries COFFEE/TEA/MILK	Ass't Juices Fried Eggs Hash Browns Blueberry Muffin Banana COFFEE/TEA/MILK	Ass't Juices Scrambled Eggs Hushpuppies 12-Grain Toast Baked Apples COFFEE/TEA/MILK	Ass't Juices French Toast w/ Sausages Mandarin Oranges COFFEE/TEA/MILK	Ass't Juices Corned Beef Hash Boiled Eggs Toufay Fruit Cup COFFEE/TEA/MILK	Ass't Juices Broccoli & Cheese Quiche Bacon Raisin Bran Muffin Banana COFFEE/TEA/MILK	Ass't Juices Sausage Omelet Sliced Tomato Cinnamon Toast Fresh fruit COFFEE/TEA/MILK
DINNER						
Ass't Juices Roast Turkey (Sub) Baked Fish Stuffing Carrots (Sub) Peas Dinner Roll Ice Cream Sundae Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Stuffed Peppers (Sub) Veal Pattie Tossed Salad (Sub) Green Beans Mashed Potatoes Strawberry Shortcake Diet Angel Food Cake w/ Strawberries COFFEE/TEA/MILK	Ass't Juices New England Boiled Dinner Corned Beef & Cabbage (Sub) Chicken Breast Boiled Potatoes Carrots (Sub) Wax Beans Jello Parfait Diet Jello COFFEE/TEA/MILK	Ass't Juices Stuffed Chicken (Sub) Salisbury Steak w/ Gravy Baked Potato Peas & Onions (Sub) Spinach Chocolate Ice Cream Diet Ice Cream COFFEE/TEA/MILK	Ass't Juices Baked Ham w/ Pineapple (Sub) Baked Cod Sweet Potato Summer Squash (Sub) Corn Chocolate Cream Pie Diet Apricots COFFEE/TEA/MILK	Ass't Juices Baked Salmon w/ Dill Sauce (Sub) Pork Rib White Rice Green Beans (Sub) Cauliflower Cherry Pie Diet Cherries COFFEE/TEA/MILK	Ass't Juices Hot Dog on a Bun (Sub) Cheeseburger Baked Beans Cole Slaw (Sub) Wax Beans Yellow Cake w/ Chocolate Frosting Diet Peaches COFFEE/TEA/MILK
SUPPER						
Ass't Juices Tomato Rice Soup Grilled Cheese Sandwich (Sub) Egg Salad Sandwich Pickle Spears Chips Brownies Diet Chocolate Pudding COFFEE/TEA/MILK	Ass't Juices Split Pea Soup Chicken Salad on a Biscuit Roll (Sub) Peanut Butter & Jelly on 12-Grain Bread Lettuce & Tomato or Cole Slaw Chips Oatmeal Cookies COFFEE/TEA/MILK	Ass't Juices Macaroni & Cheese (Sub) Ham Salad Tossed Salad w/ Italian Dressing (Sub) Broccoli Peach Slices Diet Peaches COFFEE/TEA/MILK	Ass't Juices Corn Chowder Roast Beef and Cheese Sub (Sub) Seafood Salad Sub Cucumber Salad (Sub) Zucchini Spice Cake w/ Topping COFFEE/TEA/MILK	Ass't Juices French Onion Soup Turkey Salad Sandwich (Sub) Ham Salad Sandwich Lettuce and Tomato Carrot Slaw (Sub) Bean Salad Fruit Salad COFFEE/TEA/MILK	Ass't Juices Clam Chowder Chicken Parmesan Sandwich (Sub) Tuna Sandwich w/ Chips Lettuce, Tomato & Pickle Ice Cream Sandwich Diet Pears COFFEE/TEA/MILK	Ass't Juices Turkey-A-La King Topped w/ Puff Pastry (Sub) Bologna & Cheese w/ Lettuce & Tomato & Chips Butterscotch Pudding COFFEE/TEA/MILK

The following nourishment items are offered each day after the evening meal until bedtime:

Fig Newtons	Juices
Oatmeal Cookies	Ginger Ale
Chocolate Chip Cookies	Milkshakes
Peanut Butter Cookies	Milk
Graham Crackers	Healthshakes
Saltines	



Colleen Dutra and Teresa Hanos, October 5th

Peter Krones, October 11th

Katherine Pitzer, October 16th

Angela Thompson and Kim Dougherty, October 17th

Mary Sherman, October 18th



If you witness an employee going above and beyond, give them a Shout Out! Our Shout Out Board is located right outside the front office. We want to recognize how fabulous our staff is so please feel free to "Shout Out"!

Our Shout Outs are read to our staff during our Monthly Staff Meeting and then put in the employee's personnel file.

Last month we had 17 Shout Outs!



Dear John Clarke Community

We are actively seeking donations for our Employee Appreciation Fund to help offset the cost of our Annual Holiday Party. Our dedicated staff are AMAZING and we would like to ensure that we are able to provide an evening of fun with delicious food and dancing! Any amount would be greatly appreciated! [Donate here](#) or mail a check to 600 Valley Road, Middletown, RI attention donations.



Support John Clarke

Write Us a Review As a five-star rated facility we are proud of the care we provide. Our nurses truly go above and beyond for our residents, our housekeeping department never stops, dietary never hesitates to honor a special request and our recreation department keeps our residents entertained and engaged. A Google or Facebook review can go a long way.

Volunteer Like all strong non-profits we rely on exceptional volunteers to complete our mission and a volunteer board to lead John Clarke. To learn more about how you can volunteer to read, play board games, or visit with residents contact Robin Hannon at rhannon@johnclarkeSeniorLiving.org.

Follow Us Follow us on [Instagram](#), [Facebook](#) and [LinkedIn](#). Like, share, comment and save our posts. A few clicks can make a big impact.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2022

10:30 Hymns in the Chapel 1-3:30 Family Picture Day! (Don't forget to sign up!)	211:00 Yoga with Mary in the Chapel <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	32:00 Bingo! 6-8 pm Movie Night Main Dining Room <small>Fall Folage</small>	410:00 Coffee Hour 2:00 Music with Ishmael 6:00 Chapel Service <small>Fall Folage</small>	53:00 Bible Study	610:00 Shopping 10:30 Rosary & Hymns	7	8
10:30 Hymns in the Chapel <small>Fall Folage</small>	911:00 Yoga with Mary in the Chapel 3:30 Vespers	102:00 Bingo!	1110:00 Coffee Hour 2:00 Blood Pressure Checks	1211:30 Lunch at Pub 99	133:00 Bible Study	1410:00 Shopping 10:30 Rosary & Hymns 2:00 Retirement Party for Toni Carnevale	15
10:30 Hymns in the Chapel <small>Fall Folage</small>	1611:00 Yoga with Mary in the Chapel 2:00 Van Rider/Fall Foliage	179:00 Breakfast at IHOP 2:00 Bingo!	1810:00 Coffee Hour 2:00 Blood Pressure Checks 6:00 Chapel Service	1911:00 Catholic Mass	201:30 Tenant Meeting 3:00 Bible Study	2110:00 Shopping 10:30 Rosary & Hymns <small>Pink Out Day!</small>	22
10:30 Hymns in the Chapel <small>Fall Folage</small>	2311:00 Yoga with Mary in the Chapel 2:00 Bingo! 3:30 Vespers <small>Devil's Head</small>	24Fall Bake Sale! 2:00 Music with The Silvertops	2510:00 Coffee Hour 2:00 Art Show/Wine & Cheese in the Chapel	262:00 Aldi's and Dollar Store	273:00 Bible Study	2810:00 Shopping 10:30 Rosary & Hymns 2:00 Music with Tony & Pat and Halloween Party	29
10:30 Hymns in the Chapel	3011:00 Yoga with Mary <small>Halloween</small>	3110/5 and 10/19 Chapel service with Chaplain Jeff at 6:00 pm 10/21 - <small>Pink Out Day</small> - Wear Pink For Breast Cancer Awareness 10/25 - Fall Bake Sale	Retirement Center				

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

October 2022

NURSING CENTER

2	310:30 Chair Yoga w/ Rebecca 10:30 Rise & Shine 2:00 BINGO 3:30 FALL CRAFTS	410:30 Circle of Friends 11:00 Resident Council 2:00 Entertainment 6:00 Chapel Service <small>Fall Folage</small>	510:00 Coffee Hour Ma's Donuts 2:00 BLACKJACK CLUB BEER 3:00 Bible Study 3-4 Pub Hour	610:30 Rosary/ Hymn Sing in chapel 1:00 Sensory 2:00 SPA WIDULCE 3:00 Bible Study 3-4 Small Groups	710:00 Manicures w/Pam 11:00 Walk to Dine 2:00 BINGO 3:30-4 SNACKTIVITY	8
9	1010:30 Rise & Shine 2:00 BINGO 3:30 Vespers w/Starr <small>Columbus Day (US) Indigenous Peoples' Day Thanksgiving Day (Canada)</small>	1110:30 Chair Yoga w/ Rebecca 10:30 Circle of Friends 11:00 Pet Visits 2:00 Van Ride FALL FOLIAGE 3:30-4:30 News & Views	1210:00 Coffee Hour Ma's Donuts 10:30 Circle of Friends 11:00 News & Views 2:00 Art w/ Joe	1310:00 Coffee Hour Ma's Donuts 10:30 Circle of Friends 11:00 News & Views 2:00 POKENO 3:00 Bible Study 3-4 Pub Hour	1410:30 Rosary/ Hymn Sing in chapel 1:00 Sensory 2:00 RETIREMENT PARTY/ TONI w/ Doug B	1510:00 Manicures w/Pam 11:00 Walk to Dine 2:00 BINGO 3:30-4 SNACKTIVITY
16	1710:30 Hymn Sing 1:00pm Patriots vs. Browns 2:00 Games w/Pam	1810:30 Chair Yoga w/ Rebecca 10:30 Rise & Shine 11:00 Pet Visits 2:00 BOWLING w/BILL 3:30 FALL CRAFTS <small>Fall Folage</small>	1910:30 Circle of Friends 11:00 News & Views 2:00 COOKING w/PUMPKIN 3:30-4:30 News & Views	2010:00 Coffee Hour Ma's Donuts 10:30 Circle of Friends 11:00 Catholic Mass 11:00 News & Views 2:00 VAN RIDE MYSTREY RIDE 3:00 Bible Study 3-4 Pub Hour	21PINK OUT DAY 10:30 Rosary/ Hymn Sing in chapel 1:00 Sensory 2:00 ENTERTAINMENT Chris Waters 4-5 Small Groups	2210:00 Manicures w/Pam 11:00 Walk to Dine 2:00 BINGO 3:30-4 SNACKTIVITY
23	2410:30 Hymn Sing 2:00 Games w/Pam	2510:30 Chair Yoga w/ Rebecca 10:30 Rise & Shine 11:00 Pet Visits 2:00 SILVER TOPS 4:00 Witches Flash Mob	2610:30 Circle of Friends 11:00 News & Views 2:00 ART SHOW WINE/ CHEESE IN CHAPEL	2710:00 Coffee Hour Ma's Donuts 10:30 Circle of Friends 11:00 News & Views 2:00 ICE CREAM SOCIAL SPOOKY MOVIE 3:00 Bible Study	2810:30 TWICE AS NICE TRICK OR TREAT !! 1:00 Sensory 2:00 Entertainment Toni and Pat HALLOWEEN PARTY	2910:00 Manicures w/Pam 11:00 Walk to Dine 2:00 BINGO 3:30-4 SNACKTIVITY
30	3110:30 Hymn Sing 1:00 Patriots vs Jets 2:00 Games w/Pam	FALL RUMAGE SALE 10/12 CHAPLAIN JEFF'S OFFICE HOURS POSTED WEEKLY				
		FALL BAKE SALE 10/25 PUMPKIN CONTEST 10/26 COSTUME CONTEST 10/31				

Celebrating Sherry



Our volunteer extraordinaire Sherry was honored by the Rhode Island Health Care Association with the **Volunteer of the Year Award** at their annual meeting last month. We are so lucky to have her! Everyone needs a Sherry!



The John Clarke Retirement Center | 600 Valley Road, Middletown, RI 02842

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