DATES TO REMEMBER:

October
- Wednesday, October 7: Brown Bag Lunch and Bingo Al Fresco
- Monday, October 12: Columbus Day - CENTER CLOSED
- Thursday, October 15: Senior Trip Uncle Tony’s & Pezza Farm
- Saturday, October 17: Gun Buy Back
- Tuesday, October 20: Cooking Class
- Wednesday, October 28: Candidates Day
- Saturday, October 31: Halloween

November
- Sunday, November 1: Daylight Savings Time Ends
- Tuesday, November 3: Election Day
- Tuesday, November 10: Senior Trip Spumonis/Mt St Mary’s/Wrentham
- Wednesday, November 11: Veterans Day - CENTER CLOSED
- Thursday, November 17: Cooking Class
- Thursday, November 26: Thanksgiving—CENTER CLOSED
At last—A Trip!! Yes, after a long wait due to Pandemic Guidance, the DaVinci Center will host a social distanced safe trip. On Thursday October 15th we will leave the DaVinci Center at 11:00 AM and go to Uncle Tony’s Pizza and Pasta Restaurant in Cranston where you will treat yourself to the best in fresh nutritious food prepared on the premises. After your lunch we will head to Pezza Farm on Plainfield Pike in Cranston where you may find a large array of farm fresh vegetables for your table. You may even use your Farmers Market Certificates to cash out. While you are there you may want to say “hello” to their friendly farm animals nearby. We will then return via Route 295 where you can enjoy the beauty of nature in fall foliage. Cost of the trip is only $5 for transportation. Lunch and farm purchases are on your own. We will pass out Farmers Market Certificates to those who are eligible. We will maintain safe social distancing on the bus, in the restaurant and on the farm. Don’t forget your masks.

Spumonis/Mount St Mary’s/Wrentham

On Tuesday November 10th we will venture out on a pre holiday trip. First we will stop at one of your favorite restaurants in Pawtucket, Spumoni’s, where you will enjoy their luscious Italian cuisine. Then to Mount St. Mary’s Abbey where you can shop for home made chocolates by the Trappistine Nuns or stop in the Chapel. Finally we will proceed to Wrentham Village where safe fresh air outdoor shopping is offered in 200 famous brand outlet stores. We will leave the DaVinci Center at 10:45 AM and return around 3:30 PM. Cost of the trip is only $5.00 for transportation. We will maintain safe distancing and other recommended practices.

Candidates Day - On Wednesday October 28 from 11:00 AM to 2:00 PM the DaVinci Center will invite all candidates running for public office to come to the DaVinci Center to meet and greet you one on one. You may ask them questions as you see fit. It is a great opportunity to help you determine who you will vote for. We will be serving a hot meal on that day at 12:00 noon followed by Bingo. Be sure to call in your reservation at 272-7474. 48 hours in advance.

NOVEMBER 3
GENERAL ELECTION

On Tuesday November 3 from 7:00 AM to 8:00 PM the DaVinci Center will be a polling place where you may come in to vote in a safe environment. Social distancing will be adhered to and face masks will be worn by everyone. Plastic shields will be used at the sign-in desk. The building is sanitized daily so feel comfortable in coming in to your civic duty in voting for the persons of your choice.

We are fortunate to live in a democracy where we can choose persons whom we wish to represent us and who will do what is good for the people. Exercise your right to vote or someone else may choose person who do not represent your values!

GOD BLESS AMERICA!
GUN BUYBACK: On Saturday October 17th from 9:00 AM to 1:00 PM the Providence Police will host a “Gun Buyback” at the DaVinci Center. If anyone has a firearm in their house and they wish to dispose of it legally and without question they may do so by bringing it to the DaVinci Center on that day for a VISA gift card. The police will give you in return for your firearms $100 for each rifle or shotgun, $200 for each handgun, and $500 for each firearm that has been previously reported stolen. Firearms must be delivered unloaded with no magazines in the weapon. Firearms must be placed in a clear plastic bag and delivered in a non-see-through container such as a pocket book, gym bag, backpack, or suit case. Any ammunition and magazines must also be placed in a clear plastic bag and delivered in a separate non-see-through container. Magazines must be unloaded. The firearm must be transported in the trunk of a car separate from the ammunition.

This program is offered in order to prevent firearm accidents, and reduce probability of guns falling into the hands of the wrong people. All firearms will be melted down by proper authorities. Be safe. We have offered this program successfully in the past and many persons turned in the firearms without question. Sometimes a deceased person owned a gun and his family members do not want it around for fear that children may find it and play with it - on October 17th they may dispose of it properly. Thank you.

MEDICARE Part D Enrollment
October 15 - December 7

Open Enrollment for all Medicare plans is from October 15th, 2020 to December 7th, 2020. You may enroll for the first time during this period. Anyone 65-years-old or older is required to be enrolled in Medicare Part D, the Medicare Plan that pays for prescription drugs. During the enrollment period you may enroll for the first time or change your Medicare Part D Insurance provider. If you have already enrolled in Medicare Part D, then you do not need to enroll again.

If you have any further questions regarding Medicare, our Information Specialist, Linda Loxley is at the DaVinci Center Wednesdays from 12:30 to 4:30.
**SPECIAL ANNOUNCEMENTS**

**Brown Bag Lunch and Bingo Al Fresco** - Weather permitting on **Wednesday October 7th at Noon** we invite you to join us as we put the tables on the lawn outside the DaVinci Center to enjoy lunch in the fresh air followed by Bingo. We will modify the Bingo to adjust to the outdoors but it will offer the same prizes as usual. Please call to make your reservation 24 hours in advance and bring a sweater. Call 272-7474.

**Farmers Market Certificates** - If you haven’t already gotten your Farmers Market Certificates and you are eligible we still have some to give you at the DaVinci Center. They expire on **October 31st** so there is still time to go to your favorite farm or farmers market to redeem them for some homegrown, nutritional, farm fresh vegetables and fruits. They will be distributed every Wednesday, Thursday, and Friday after 1:30 while they last. Call 272-7474 and ask for Chanthy to tell her you are coming.

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**INCOME GUIDELINES FEDERAL FISCAL YEAR 2020**

**CAPP’s LOW-INCOME HOME ENERGY ASSISTANCE PROGRAM (LIHEAP)** offers assistance to eligible Providence residents only

**WEATHERIZATION ASSISTANCE PROGRAM (WAP)**

2021 Season Begins October 1st, 2020

**HOUSE SIZE**

<table>
<thead>
<tr>
<th>12 Month Income</th>
<th>3 Month Income</th>
<th>1 Month Income</th>
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<tr>
<td>$31,166</td>
<td>$7,792</td>
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<td>$80,912</td>
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</tr>
<tr>
<td>$82,710</td>
<td>$20,678</td>
<td>$6,893</td>
</tr>
</tbody>
</table>

**LIHEAP Department Hours of Operation**:  
Monday—Thursday 9-11:30 and 1-3  
Friday 9-11:30 and 1-2  
For more information call 401-273-2000

Households at or below these income amounts for their household size may qualify for assistance under the Low-Income Home Energy Assistance Program and the Weatherization Assistance Program.

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DaVinci Center in collaboration with Brown University Graduate Students and the generosity of corporate sponsors has implemented a program which gives senior citizens Tablets with the provision that they attend classes on how to use them. The purpose initially is to enable seniors to communicate with medical providers but the lessons include use of Zoom and other methods of communicating with family so as to prevent isolation and loneliness. The first class of ten began on Saturday September 26 as pictured above.
Don’t worry, be happy! The Editor of “Three Minutes a Day” published by the Christophers says regarding aging:

“There are two ways of growing old. There are old people who are anxious and bitter, living in the past and illusion, who criticize everything that goes on around them...they shut away in their sadness and loneliness, shriveled up in themselves.

“But there are also old people with a child’s heart, who have used their freedom from function and responsibility to find a new youth. They have the wonder of a child, but the wisdom of maturity as well.” Which do you choose?

Yoga has returned to the Center - Join us Thursdays at 2:00 P.M. for a socially distanced session of chair yoga. Instructor Suann Polverari eases you into mild stretching and moving while sitting in a chair. Yoga is known to improve health through relaxation and breathing techniques, it relieves stress, improves flexibility and balance while slowing down the aging process. Reservations must be made since spaces are limited. Due to guidelines we must adhere to during this time we must adhere to guidance for your benefit. Cost is only $2. Call us 272-7474.

Learn How to Breathe: The Art of Breathing Freely - Pranayama is the act of taking conscious control of the breathing process. It’s not forcing the breath in any way, but becoming aware of the breathing process itself. If you’re suffering from any breathing disorders, COPD, asthma, allergies, scar tissue of the lungs or a weak diaphragm, this class is for you. Yoga Therapist Suann Polverai will guide you through a class focusing on the Art of Breathing that will help strengthen your heart and lungs. Classes will take place at the Da Vinci Center on Thursdays from 3:15 to 4:00 P.M. Cost is $2. Please call to make a reservation at 272-7474. Safe distancing will be observed.

Fall Farm Fresh Cooking Classes!

It’s that time of year again. It’s fall y’all! And with that not only does the weather change and the leaves change colors, being harvest time so does the food we eat. I know you all have been patiently waiting for us to reopen and have some activities and for that we thank you! Your patience has paid off. We are announcing farm fresh classes on Tuesday October 20, 2020 and Tuesday November 17, 2020 at 1:00 P.M. with the Senior Meals Coordinator and Food Pantry Manager, Ann Montaquila, who has a background in the culinary field. She is bringing her chef expertise to you! Ann will be showing you how to transform farm fresh fall vegetables into mouth-watering fall dishes and baked goods.

The first class will be all about the pumpkin and apples. Ann will show you how to make pumpkin penne pasta, pumpkin bread, and apple pie shortbread bars, one of her personal favorite recipes she will be sharing with you.

The second class in November will consist of Thanksgiving side dishes and turkey preparation. NEVER pre-stuff a turkey. That’s one of the biggest reason for food poisoning. If you buy a frozen turkey thaw it out by submerging it in your sink filled with cold water until it is completely thawed or leave it in your fridge 2-3 days before you cook it until completely thawed. If you buy a fresh turkey I recommend buying it no more than 2 days before you are going to cook it. If you are one to brine a turkey, you can simply submerge it in a water/salt solution and place it in your refrigerator 24 hours prior to cooking. Submerging any poultry in water 24 hours always makes it super tender!

If you are interested in either class or both please call 272-7474 and ask for Ann to sign up. Also if you would like to learn more about cooking and different recipes, please let Ann know.

Fall Farm Fresh Cooking Classes!
### October 2020

**Meal News**

We ask that you do the following:

- Call in your reservation at least **one week** ahead of time. If at all possible, give us your reservations for the whole week ahead.
- Please call in your cancellations also since we do not want to have waste and also because we may be able to accommodate a person on the waiting list for the lunch on that day.

Thank you!

God Bless Our Seniors!

**Note:**

Many have asked when we will resume hot meals. The answer is that we are dependent on Blackstone Health who prepare the meals. As soon as they resume preparation of hot meals we will let you know.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td>All menu items may contain nuts, seeds, beans, wheat bran, eggs, and other</td>
<td><strong>Funded in part by the US Administration on Aging and state funds by the Rhode Island Office of Healthy Aging</strong></td>
<td>1. Juice Corned Beef &amp; Swiss w/Mustard on Rye Chips Pudding Milk</td>
<td>2. Juice Seafood Salad on Bulky Roll Chips Fresh Fruit Milk</td>
<td>3. Juice Turkey Salad on Multi Grain Pretzels Loma Doones Milk</td>
</tr>
<tr>
<td>5 Juice</td>
<td>Turkey Salad on Multi Grain Corned Beef &amp; Swiss w/Mustard on Rye Chips Pudding Milk</td>
<td>7 Juice Chicken Salad on Pumpernickel Chips Pudding Milk</td>
<td>8 Juice Meatballs w/Marinara Sauce on Grinder Roll Multi Grain Chips Fresh Fruit Milk</td>
<td>9 Juice Tuna Salad Wheat Roll Chips Fruit Cup Milk</td>
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<tr>
<td>6 Juice</td>
<td>Honey Ham &amp; Cheese on Marble w/Mustard Corn Chips Fresh Fruit Milk</td>
<td>11 Juice Roasted Chicken Loaf on Bulky Roll w/Mayo Chips Fig Bar Milk</td>
<td>12 Juice Shrimp Salad on Pita Chips Fresh Fruit Milk</td>
<td>13 Juice Roasted Beef &amp; Cheese on Multi Grain w/Mayo Chips Fruit Cup Milk</td>
</tr>
<tr>
<td>10 Juice</td>
<td>Chicken Salad on Oatmeal Bread Chips Fresh Fruit Milk</td>
<td>14 Juice Shrimp Salad on Pita Chips Fresh Fruit Milk</td>
<td>15 Juice Salami &amp; Cheese w/Mustard on Wheat Chips Pudding Milk</td>
<td>16 Juice Roasted Beef &amp; Cheese on Multi Grain w/Mayo Chips Fruit Cup Milk</td>
</tr>
<tr>
<td>11 Juice</td>
<td>Baked Ham &amp; Cheese on 9-Grain w/Mustard Pretzels Pudding Milk</td>
<td>18 Juice Seafood Salad on Bulky Roll Chips Fresh Fruit Milk</td>
<td>19 Juice Turkey &amp; Cheese on Multi Grain w/Mayo Chips Fruit Cup Milk</td>
<td>20 Juice Italian Tuna on Oat Nut Chips Cookies Milk</td>
</tr>
<tr>
<td>12 Juice</td>
<td>Low Sodium Hot Dog on a Roll w/Mustard Chips Fruit Milk</td>
<td>21 Juice Tuna Salad on 9-Grain Chips Fresh Fruit Milk</td>
<td>22 Juice Corned Beef &amp; Swiss w/Mustard on Pumpernickel Chips Pudding Milk</td>
<td>23 Juice Egg Salad on a Croissant Chips Cookies Milk</td>
</tr>
<tr>
<td>13 Juice</td>
<td>Grilled Chicken on a Bulky Roll Chips Granola Bar Milk</td>
<td>24 Juice Tuna Salad on 9-Grain Chips Fresh Fruit Milk</td>
<td>25 Juice Corned Beef &amp; Swiss w/Mustard on Pumpernickel Chips Pudding Milk</td>
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