



BENJAMIN CHURCH MANOR

Independent Living

July 2026

CONTACT US:

Bristol Housing Authority

1014 Hope Street
Bristol, RI 02809
(401) 253-4464

Direct Extensions

Angie	ext. 14
Jim	ext. 13
Moe	ext. 12
Orlanda	ext. 11
Marilyn	ext. 10

Hours of Operation

Mon - Thurs:
8 am to 3:30 pm

Fri: 8 am to 1 pm

Board of Commissioners

Edward J. Correia, Chair

Pat D'Alessio, Vice Chair

Donna St. Angelo

Michael Mello

Donna Wilson

Maria A. Medeiros
Executive Director



America's 250th birthday on July 4, 2026, commemorates 250 years of American independence since the Declaration of Independence was signed in 1776. This milestone celebrates the nation's past, honors American resilience, and fosters unity, with a focus on engaging all 350 million Americans through community service and national events, marking a quarter-millennium of democracy.

HAPPY 250 YEARS AMERICA!

News From the Executive Director

Dear Residents,

As we come together to celebrate the Fourth of July, I want to extend my warmest wishes to each of you on behalf of the BHA staff. Independence Day is a time to reflect on the values of freedom, unity, and community spirit that make our country and our home here so special. Whether you are enjoying the Bristol parade, fireworks, or a barbecue with family & friends, I hope this holiday brings you joy.

Thank you for being an essential part of our community. Have a safe and wonderful Fourth of July!

*Sincerely,
Angie*



Bristol 24TH OF JULY Concert Series

24TH celebration 50TH anniversary

★ ★ ★ ★ ★ 2026 CONCERT SERIES LINE-UP ★ ★ ★ ★ ★

SUNDAY, JUNE 21

6:00PM: 7 DAY WEEKEND

MONDAY, JUNE 22

6:00PM: TWO ACROSS

7:30PM: AMBER ROSE AND THE RENEGADES

TUESDAY, JUNE 23

6:00PM: EAST BAY SUMMER WIND ENSEMBLE

7:30PM: HEARTLAND RADIO

WEDNESDAY, JUNE 24

5:00PM: BRISTOL COUNTY CHORUS

6:00PM: BEAT SALAD

7:30PM: COLBY JAMES & THE RAMBLERS

THURSDAY, JUNE 25

6:00PM: JON TYLER TRIO

7:30PM: MR. CHUBB

FRIDAY, JUNE 26

6:00PM: THE BACK BURNERS

7:30PM: ERATOXICA

SATURDAY, JUNE 27

6:00PM: NAVY BAND NORTHEAST-RHODE ISLAND

SOUND POPULAR BAND

7:30PM: AK CODY AND THE WICKED NORTHMEN

SUNDAY, JUNE 28

5:00PM: KARAOKE COMPETITION FINALS

6:00PM: LOS BURROS

7:30PM: ANDRE AND THE GIANTS

MONDAY, JUNE 29

6:00PM: MOTION AVENUE

7:30PM: RELOAD - ROCK 'N' ROLL RECHARGED

TUESDAY, JUNE 30

6:00PM: BACK IN THE DAY

WEDNESDAY, JULY 1

6:00PM: 88TH ARMY BAND

7:30PM: DAVID TESSIER'S ALL-STAR BAND

THURSDAY, JULY 2

6:00PM: MICHELLE SAYLORS BAND

7:30PM: TIMELESS

Resident Association Bulletin

Please Remember

All residents who live at Benjamin Church Manor can join the Resident Association between

June 1st and August 31st.

New residents to Benjamin Church Manor are welcome to join the Resident Association by stopping by any of our monthly meetings.

OFFICERS

*President – Sue Lemois
(401) 864-6510*

*Vice President – Robert Morin
Morinrobert13@yahoo.com*

Treasurer – Rebecca Morin

*Secretary – Donna Falcoa
(401) 339-7410*

*Membership Secretary – Sharon Araujo
(401) 451-3646*

BOARD OF DIRECTORS

Gwen Dube (401) 253-4771

Stephany Silvia (401) 442-7078

Rhonda Sullivan (401) 447-5847



July 2026

Our June **Resident Association** meeting will be held on Tuesday, July 14th @ 2:15 p.m. in the Community Room.

Election of Officers

At our June 9th meeting, the Nominating Committee presented the following slate of officers: Robert Morin for Vice President, Rebecca Morin for Treasurer, and Stephany Silvia and Rhonda Sullivan for Board members. As there were no nominations from the floor, the new officers will begin their terms on July 1, 2026.

Bingos and 50/50 Raffles

Friday, July 10th and 24th at 6:00 p.m.

Friday, August 14th and 28th at 6:00 p.m.
**Please try to arrive no later than 5:45 p.m.
so we can start right at 6:00 p.m.**

Food Truck Cookout

We will be holding a Food Truck Cookout on Saturday, July 18th, at 12:00 noon in Tom's Grove. There will be a variety of sandwiches to choose from, French fries, and a drink. Desserts will be provided. The cost is \$10.00 for members and \$20.00 for guests. Please be sure to bring a chair. Tickets will be sold on July 7th from 1-2 p.m. in the community room.

Sundaes on a Sunday

Please join us for **Sundaes on a Sunday** on August 16th @ 2:00 p.m. in the Community Room.

Special June Bingo and 50/50 Raffle

The special Beach Party Bingo held on June 12th was a huge success, everyone had a great time!

Membership Cards

Please join the Benjamin Church Resident Association. Membership dues will remain at \$15.00 per person. Membership cards will be available for Residents through August 31st. Come and join. We have so many events planned and members never pay full price.

COMMUNITY ROOM RULES

The Bristol Housing Authority (BHA) Community Room serves BHA residents' needs. The priority of usage is for residents: (1) Senior Center; (2) Tenant Organization Functions; (3) Resident Private parties/functions. To ensure proper use of the facility and protect its physical condition, the following rules and regulations have been established.

COMMUNITY ROOM RULES AND CONDUCT:

1. The Community Room is reserved for residents and is not available for gatherings with non-resident friends. Thank you for understanding!
2. Residents must clean the Community Room, restrooms, and kitchen, returning all areas to original condition.
3. Return all chairs and tables to their original places. Avoid dragging furniture across the floor.
4. Please place all trash in containers and dispose of it in the trash receptacle located behind the office. Thank you!
5. Sweep floors. Mop only if food or spills are present. Store cleaned equipment as found after use.
6. Kindly do not leave dirty dishes in the kitchen sink.
7. Please ensure the kitchen area is clean and restored to its original condition. If you use the stove, make sure it is turned off before leaving. BHA does not provide paper plates, napkins, cups, coffee, or silverware.
8. Turn off faucets and lights. Leave bathrooms clean and dry.
9. Shut and secure all doors before leaving.
10. Please return the thermostat to its original setting before leaving.
11. No smoking
12. No alcohol or any controlled substance is allowed on the premises.
13. No gambling is allowed on the premises.
14. No pets are allowed, except for licensed service animals.
15. No thumbtacks or any device that would leave a mark or make a hole in the walls, ceiling, doors, or any part of the facility are allowed.
16. Entertainment (such as musical groups, magicians, and similar activities) is permitted with prior approval and the noise levels provided do not disturb other residents.
17. NO FIREARMS OR WEAPONS OF ANY TYPE ARE ALLOWED ON BHA PROPERTY.

This Month's Recipe

Peach Blueberry Cobbler

By [Makinze Gore](#) Updated: Jun 6, 2023

YIELDS:
6 - 8 SERVING(S)

PREP TIME:
15 MINS

TOTAL TIME:
1 HR 30 MINS

CAL/SERV:
447

Ingredients

FOR THE FILLING

- ☐ **4 cups** peaches, sliced 1/8th to 1/4" thick
- ☐ **3 cups** blueberries
- ☐ **1/2 cup** granulated sugar
- ☐ **3 Tbsp.** cornstarch
- ☐ Juice and zest of **1/2** lemon
- ☐ **1 tsp.** pure vanilla extract
- ☐ **1/2 tsp.** cinnamon
- ☐ Pinch kosher salt

FOR THE TOPPING

- ☐ **11/3 cups** all-purpose flour
- ☐ **1/4 cup** granulated sugar
- ☐ **2 tsp.** baking powder
- ☐ **1/2 tsp.** kosher salt
- ☐ **1/2 cup (1 stick)** butter, cold
- ☐ **2/3 cup** buttermilk

Directions

Step 1

Preheat oven to 375°. In a large bowl, toss together peaches, blueberries, sugar, cornstarch, lemon juice, zest, vanilla, cinnamon, and a large pinch of salt. Let sit at least 10 minutes.

Step 2

Meanwhile, make topping: In another large bowl, whisk together flour, sugar, baking powder, and salt. Add butter and use your hands to cut into flour until pea-sized. Add buttermilk and stir until just combined.

Step 3

Pour fruit filling and all juices into a 9"-x-13" pan. Drop large spoonfuls of topping all over. Bake until top is golden and peaches can be pierced easily with a knife, about 45 minutes. Let cool 15 minutes before serving.



Please be considerate of your neighbors and clean grill after each use.

The most effective way to clean your grill after use is to **burn off remaining debris and scrape while hot**. This takes just minutes, ensures the easiest food release, and protects your grill.  Reddit · r/BBQ +1

The 5-Minute Post-Cook Routine

1. **Burn it off:** Immediately after taking your food off the grill, crank the burners to high, close the lid, and let it heat for 10–15 minutes. This carbonizes the leftover food bits and grease into ash.  Reddit · r/BBQ +1
2. **Turn off the heat:** Shut off the gas or close the vents if using charcoal.  Reddit · r/BBQ
3. **Scrape the grates:** While the grates are still hot, scrape them using a bristle-free tool (like a pumice block, wooden scraper, or a steam-cleaning brush like the Scrub Daddy Steam Clean BBQ Brush to avoid loose wire hazards). 
4. **Wipe with onion/oil (optional):** To clear microscopic residue and prevent sticking, rub the hot grates with a cut yellow onion or an oiled paper towel.  YouTube · Beef Loving Texans +1
5. **Empty the grease tray:** Let the grill cool slightly, then empty the grease cup or drip pan.

GARDEN NEWS

Julia

Vivi



They're here!

I am proud and happy to finally welcome our two youngest Gardeners, Vivi and Julia.

They have shown great potential in learning how to work with Nature, and they are having a ball, able to do their gardening alongside their Grammy's.

Their outward excitement is contagious, and they inspire each of us to work a little harder.

Some of the learning techniques they will take along with them as they grow up, is having patience. They are waiting to taste the Super sweet Tomatoes and the Squash. I am amazed myself how quickly everything is reaching maturity. We only planted the small saplings on Mother's Day weekend.

Another valuable lesson to be learned by each of us is not to over water our plants. Even Watermelon can get saturated. Also, watering should not be done during peak sunny hours because the water on the plant leaves heats up and actually burns the plants. Be patient! Water between sunrise and 10am or 4pm till evening hours is also good. Avoid the Sun when it is hot outside.

A gardening expression (The rule of a Green Thumb) is to make a small hole and put your finger in it and if you feel dry dirt more than a half inch down, you need to give your plants a little drink. If you wet the dirt all around your plants and let it settle down into the plants that should be sufficient. If after a few minutes water is still lingering, then your plant has too much to absorb. The new soil we have has a natural moisture retention. That should help a little.

A new shed, small but quite adequate, will be placed in the garden sometime soon for the current gardeners to put their gardening tools in a safe and sensible place when not in use.

The Farm Stand is soon to be added to the garden, and we now have 14 "Veggie Patch" members who will be receiving fresh veggies at their apartment door, very soon. Thanks to each of you for helping to brighten the life of Tom's Grove Garden and those who are partaking in our new endeavor. Enjoy it while you can!

Linda

GARDEN NEWS CONTINUED

Need a little extra fresh produce? Join the Veggie Patch! 🌱

The Veggie Patch has fresh, complimentary vegetables available for residents who could use a helping hand.

If you're interested in receiving vegetables, please call **Linda Heroux at (401) 317-0279** no later than **7:00 p.m. each Tuesday**. This gives our volunteers enough time to prepare your vegetables for pickup or delivery.

If you're able to pick up your vegetables, please stop by the garden on **Wednesdays between 4:00 p.m. and 5:30 p.m. Weather permitting!**

Don't hesitate to reach out—we'd love to share the harvest with you!



First Come First Served

Call Ahead for Reservations!

(401) 317-0279

2026 CALENDAR OF EVENTS

MAY

May 22-23, Fri.-Sat.

Flag Tag Days

Fri: 9:00AM-6:00 PM

Sat: 8:00AM-5:00 PM

Post Office, Stop & Shop,
Clement's Marketplace

May 23, Saturday

Miss & Little Miss 4th of July Pageant

Sponsor: Superior Comfort

7:00 | Mt. Hope High School

May 30, Saturday

Cornhole Tournament

*Sponsors: A&M Electrical-Mechanical,
Destiny's Diner*

11:00am | Bristol VFW

Beach Yoga with Jane

11:00 | Bristol Town Beach

Zumbathon

11:00 | Independence Park

Rain Location: Parks and Rec

JUNE

June 11, Thursday

Bosworth Lecture Series

6:30 pm

Rev. Henry Wight: Patriot, Pastor, &
Founder of Bristol's July 4th Celebration
First Congregational Church

June 13, Saturday

Old Fashioned Days

8:30 am

Bristol Town Common

Vintage Baseball

11:00 am

Bristol Town Common

June 14, Sunday

Flag Day Ceremony

5:00 pm

Bristol Town Common

June 17, Wednesday

Foot Races

5:15 pm: Registration

6:00 pm: Start

Town Common | Court House

June 20, Saturday

Fourth of July Ball

5:30 pm

Herreshoff Waterfront

Marine Museum

June 21, Sunday

(Rain date: June 28)

Orange Crate Derby

Sponsor: Ramos Landscaping

3:00 pm | Bay View Ave.

June 21 to July 4

Rockwell Amusement

Carnival

Town Common

June 21-22 and

June 29-July 2

Children's Story Time

Mrs. Katz and her Hats

1-hour before concerts

Independence Park

June 27, Saturday

Independence Road Race

5:00-6:15 am: Registration

6:30 am: Race Start

June 28, Sunday

Children's Show

Eric Burke Magician

1:00 pm

Bristol Maritime Center

Interfaith Service

2:00 pm

Our Lady of Mt. Carmel Church

JULY

July 3, Friday

Fireworks

9:30 pm

Bristol Harbor

July 4, Saturday

Ring of the Bells

8:30 am | All Churches

Patriotic Exercises

8:30 am | Colt Memorial School

July 4, Saturday

Military, Civic and

Firemen's Parade

10:30 am | Hope & High Streets

July 26, Sunday

Firemen's Field Day

10:00 am | Independence Park

AUGUST

August 1, Saturday

Spirit of America

Golf Tournament

Sponsor: Paramedic Systems/Knights of

Columbus - Bristol RI Council 379

1:00 pm: Shotgun Start

Swansea Country Club

SEPTEMBER

Sept. 16, Wednesday

Bingo

6:00 pm | Bristol VFW

OCTOBER

October 1, Thursday

Wine Tasting: Bourbon

and Bubbles

Sponsor: 1776 Liquors

7:00 pm | Mt Hope Farm

BRISTOL FOURTH OF JULY CONCERT SERIES INDEPENDENCE PARK

CONCERT SERIES
CORPORATE
SPONSOR

LAW OFFICES

BRIAN CUNHA

AND ASSOCIATES

June 21, Sunday

6:00 pm 7 Day Weekend

June 22, Monday

6:00 pm Two Across

7:30 pm Amber Rose & the Renegades

June 23, Tuesday

6:00 pm East Bay Summer Wind Ensemble

7:30 pm Heartland

June 24, Wednesday

5:00 pm Bristol County Chorus

6:00 pm Beat Salad

7:30 pm Colby James & the Ramblers

June 25, Thursday

6:00 pm Jon Tyler Trio

7:30 pm Mr. Chubb

June 26, Friday

6:00 pm The Back Burners

7:30 pm Eratoxica

June 27, Saturday

6:00 pm Navy Band Northeast: Rhode Island Sound Popular Band

7:30 pm AK Cody & The Wicked Northmen

June 28, Sunday

5:00 pm Karaoke Competition Finals

6:00 pm Los Burros

7:30 pm Andre & the Giants

June 29, Monday

6:00 pm Motion Avenue

7:30 pm Reload - Rock 'n' Roll Recharged

June 30, Tuesday

6:00 pm Back in the Day

July 1, Wednesday

6:00 pm 88th Army Band

7:30 pm David Tessler's All-Star Band

July 2, Thursday

6:00 pm Michelle Saylor

7:30 pm Timeless

241
50
celebration
anniversary



ATTENTION RESIDENTS

SEASONAL LAWN CHAIR POLICY

Residents are permitted to use lawn chairs on Benjamin Church Manor property during the spring through fall seasons.

To help maintain the appearance, safety, and accessibility of our grounds, all lawn chairs must be folded and stored at the end of each day.

Please ensure chairs are placed neatly behind your building and are not touching the building exterior.

Lawn chairs may not be left unattended overnight in common areas, walkways, or grassy areas.

Your cooperation helps keep our community safe, attractive, and accessible for all residents and visitors.

Thank you for your attention to this matter.



Thank you for your cooperation.

Visit Our Website at www.bristolhousingri.org

4th of July Word Search

S
 P
 V A U
 B R A
 J R K N W
 F A L N F
 T H V I U R C
 I H E N A E M
 E P S T A R S P A N G L E D F E S T I V E
 X A H A P P Y A M E R I C A N M A D E
 P T I M R V I C T O R I O U S Q Z
 L R R E D W H I T E B L U E W
 O I Q R B S F N U E F U N
 S O T I A U I A N R C
 U I T B C C M R T I B
 L M T V I I A K M E I T K
 O M R O E C N Y E W O E
 C Y E U J E L A R O N D
 H A R E L M R T R A
 H S L U D I K L
 O G M S
 T E

WORD LIST

AMERICAN
 AMERICAN MADE
 ANNUAL
 BACKYARD
 BRAVE
 EXPLOSIVE
 FESTIVE
 FIREWORKS
 FREE
 FUN
 HAPPY
 HOT
 LOYAL
 NATIONAL
 PATRIOTIC
 REDWHITEBLUE
 SPARKLING
 STARSPANGLED
 SUMMER
 SUMMERTIME
 TRUE
 UNITED
 VICTORIOUS



July 2026



SUN	MON	TUE	WED	THU	FRI	SAT
			1 Line dancing 1:00 p.m.	2 Chair yoga 10 a.m.	3 OFFICE CLOSED	4 <i>Happy Independence Day!</i>
5	6	7 RA Ticket Sales 1:00 p.m. Yoga w/Trisha 4:30 p.m.	8 Line dancing 1:00 p.m.	9 Chair yoga 10 a.m.	10 RA Bingo 6:00 p.m.	11
12	13	14 RA Meeting 2:15 p.m. Yoga w/Trisha 4:30 p.m.	15 Line dancing 1:00 p.m.	16 Fire Alarm Testing Chair yoga 10 a.m.	17	18 RA Food Truck Cookout in Tom's Grove at 12 noon
19	20	21 Yoga w/Trisha 4:30 p.m.	22 Line dancing 1:00 p.m.	23 Chair yoga 10 a.m. Christmas in July sponsored by BCSC	24 RA Bingo 6:00 p.m.	25
26	27	28 Yoga w/Trisha 4:30 p.m.	29 Line dancing 1:00 p.m.	30 Chair yoga 10 a.m. BCSC Workshop 1:00 p.m.	31	