



EAST GREENWICH SENIOR NEWSLETTER

Volume 14 • No. 6

June 2018

All programs and services are located at the Swift Community Center
121 Peirce Street
401-886-8669

STAFF

Charlotte Markey

Senior Center Manager
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Caroline Tudino

Case Worker
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Melaine Potrzeba

Transportation Coordinator
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Lynn Boisvert

Meal Site Supervisor

Funding for programs and services is provided by the Town of East Greenwich.

If you would like to register for a program, please stop by the Swift Community Center Monday through Friday from 8:30 a.m. - 4:30 p.m. or call 886-8669. Lunch is served at noon, Monday through Friday. For lunch reservations,

From the Senior Center Manager: Our coffee hour was a big success! Over 20 of you came to meet me to enjoy coffee and breakfast treats! We had the opportunity to get to know one another a little better and I received a lot of feedback and ideas about different programs that you would like to see here at the center. Thanks to those of you who came! Our next "Coffee with Charlotte" will be held on July 6th at 10:00 a.m.

Father's Day Luncheon: Thursday June 14th at noon. Please see the enclosed menu for details. Suggested donation is \$3.00 per person. Reservations required by Wednesday June 6th. To register call Caroline @ 886-8638.

Annual Summer Picnic is schedule for Tuesday, June 19th at noon at the East Greenwich Veteran Fireman's Association located at 80 Queen Street. Tickets are on sale through Monday, June 11th or until they are sold out. There is a \$3.00 suggested donation per ticket. Tickets must be purchased at Swift, no phone call reservations will be accepted.

DID YOU KNOW... The town will be launching a Facebook social media page in the month of June. If you would like to learn more about this page or help navigating contact Rachel Longo, our new Community Resource Manager at 886-8669 ext. 4 or email her at rlongo@eastgreenwichri.com

Cyber Seniors will resume beginning June 11th. It will be offered on Mondays. Sign up for one hour slots at 9, 10, or 11 a.m. Registration required-contact Contact Charlotte @ 886-8669 ext. 1

All Nurse Clinics include blood pressure and heart rate checks:

Amy Craig from WellOne in North Kingstown will be at Swift on Friday, June 1st from 10:00-11:45 a.m.

Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation, will be at Swift on Thursday, June 14th from 10:30 a.m.-12:00 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services, will be at Swift on Tuesday, June 19th from 12:30-2:00 p.m. Tests for blood sugar are available for \$1. Cholesterol tests are available for \$5.

Dana Tessier, a registered nurse with Bayada Home Health Care, will be at Swift on Wednesday, June 27th from 12:15-1:15 p.m.

Please contact Charlotte Markey at 886-8669 ext. 1 or cmarkey@eastgreenwichri.com to register for a program, unless otherwise noted.

Low-Carb Diet Presentation: June 13th 1:00-2:00 p.m. Clinical Psychologist Dr. David Weed will explain how to do this successfully, as he has for eight years, by developing effective strategies. Many have heard of or tried low-carb diets in order to lose weight. Despite having great results, many find it hard to maintain. Unlike low-fat diets, low-carb also works well for people who are pre-diabetic or diabetic, and many find that they can resolve their symptoms and reduce or eliminate their medications while improving cholesterol and high blood pressure symptoms. Registration required- Contact Charlotte @ 886-8669 ext. 1

Audubon Presentation: June 27th 1:00-2:00 p.m. Birds are colorful, noisy, creative and fun! Come learn more about the birds that live in your backyard and neighborhood. Meet a live bird of prey. The Audubon Society of Rhode Island is offering this engaging program! RSVP required Contact Charlotte @ 886-8669 ext. 1

Social Services Assistance Caroline Tudino is a trained SHIP councilor (State Health Insurance Assistance Program). The goal of SHIP is to provide seniors with access to accurate, unbiased health insurance information, counseling and assistance free of charge. Caroline is available during the year for anyone turning 65 who needs to choose a Medicare Part B insurance supplement or advantage plan. Appointments are required-call 886-8638.

New Medicare Card Scam Alert Medicare recipients will receive a new Medicare card in the mail between April 2018 and April 2019. Your new Medicare card will NOT have your Social Security number. This will help protect your identity. Please understand that mailing everyone a new card will take time. Your card might arrive at a different time than your friend's or neighbor's. You do not need to do anything. Your new card will be mailed automatically. If someone calls you and says they need to confirm your identity or your Medicare number, it is a SCAM. If you receive a call from someone and you are just not sure, please hang up and call the RI Senior Medicare Patrol at (401) 462-0931 to report the call. Help is always free and confidential. Never give your information to anyone who calls you on the phone or comes to your door!

Caregivers Support and Resource Group meets on the second Wednesday of the month. This month it will meet on June 13th from 10:00-11:00 a.m. The group will be facilitated by Carly Hague, Program Director, Cornerstone Adult Services. This monthly meeting is an opportunity to discuss caregiving needs, and/or to obtain resource information to help meet needs. Participants can attend monthly or as needed. Pre-registration is not required.

Cooling Center The Swift Community Center is the Towns' designated Colling Center during extreme heat. The building is open Monday-Friday 8:30 a.m.—4:00 P.m. If you need to cool off this summer, please join us for lunch and a program. If you prefer a quiet space, all the rooms have air conditioning and you are welcome to use a room to read, work on a jigsaw puzzle or surf the internet on one of the Center's computers. For more information please call Charlotte @ 886-8669 ext. 1.

Atria Harborhill invites anyone who would like to play Bridge to join them every Tuesday from 9-11:30 a.m. Call Vickey at 401-885-1613.

Pickleball Would you like to learn how to play the game? There is a group that meets on Mondays, Tuesdays, and Wednesdays at 9:30 a.m. courts are behind Swift Gym. Call Charlotte for details.

Volunteer Opportunity If you would like to volunteer to help as a meal site server or dishwasher at the Senior Center any day from 11:30-1:00 p.m. Please contact Caroline @ 886-8638.

Coming in July...

Rock & Roll Bingo to benefit Alzheimer's Association. July 20th Doors open at 1:00 p.m. Bingo starts at 1:30 p.m. Bingo cards will be \$5 per set. RSVP to Charlotte at 886-8669 ext. 1 by July 16th

Please help us GO GREEN by joining the Newsletter Email List! If you would like to receive the newsletter via email contact Charlotte at cmarkey@eastgreenwichri.com or 886-8669, ext. 1.

TRIPS: The Senior and Human Services bus is accessible to East Greenwich residents ages 55 and over and residents with disabilities. The bus lift will accommodate persons using wheelchairs, walkers, crutches, canes, braces, etc. or who otherwise have difficulty using steps. The bus will pick up and drop off East Greenwich residents at their residence. Non-residents can meet the bus at the Swift Community Center. Passengers are required to have a completed application form on file. Please contact Melaine Potrzeba at 886-8669, ext. 3 for an application or to make a transportation reservation. Reservations are required at least 24 hours in advance. Bus fees are \$10 for one month unlimited use or \$2 per trip. Special day trips may not be included with the monthly bus pass.

June 6th, 12th, 20th, & 27th: Shopping from 1:00 to approximately 3:00 p.m.

The bus begins picking up passengers at 1:00 p.m. and takes them to the following destinations:

1st Stop: Stop & Shop Plaza on Frenchtown Road in North Kingstown

2nd Stop: T.J. Maxx Plaza on Post Road in North Kingstown

3rd Stop: Dave's Market Plaza in Quonset, North Kingstown
Passengers choose the plaza they would like to visit, but it is not possible to visit multiple plazas. Passengers will have approximately one hour and 30 minutes at the Stop & Shop Plaza, one hour and 20 minutes at the T.J. Maxx Plaza and one hour and 15 minutes at the Dave's Market Plaza.

~ June 13th: Showcase Cinema Senior Day! ~

Showcase Cinema at 1 p.m. \$7.50 for a movie and \$4.50 for a small drink and small popcorn.
The bus will leave Swift at 1:00 p.m. and return at approximately 4:30 p.m. Participants choose the movie they would like to see with a start time at approximately 2:00 p.m.

Friday Retail Shopping Trips: Pick up begins at 9:00 a.m.

June 1st: Christmas Tree Plaza/ Five Guys Burger & Fries

June 8th: North Kingstown Walmart and Homestead Restaurant

June 15th: Narragansett Seawall & Monahan's Restaurant

June 22nd: Goddard Park Farmers' Market & T's Restaurant

June 29th: Ann & Hope and Chelo's Restaurant



JUNE 2018: LUNCH MENU

Coffee, tea, 1% milk and dessert are included with each meal

<p>WESTBAY COMMUNITY ACTION Founded in part by the U.S. Administration of Aging (AOA) and state funds through the RI Division of Elderly Affairs. Our meals are created by Encore Catering of Warwick, RI. Please call Jennifer Veltri at (401) 732-4660 Ext 325 with any questions or comments.</p>		<p>PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY MENU SUBJECT TO CHANGE</p> <p>*Alternate Meal</p>		<p>Lunch is served at noon (\$3 suggested donation). To make a reservation, please call CHARLOTTE at 886-8669 EXT.1 Reservations are required by WEDNESDAYS.</p>	<p>1 Red Clam Chowder Fish Cake w/Tartar Sauce Three Bean Salad Whole Wheat Roll *Chicken Salad on Wheat Roll</p>
<p>4 Minestrone Soup Chicken Francese Wild Rice (Whole Grain) Sliced Carrots *Ham & Prov on wheat</p>	<p>5 Kale & Navy Bean Soup Sausage Patty Biscuits and Gravy Mixed Vegetable *Chef Salad</p>	<p>6 Tossed Salad Spaghetti w/Meatballs Stuffed Zucchini Breadstick *Roast Beef on Wheat Roll</p>	<p>7 Chicken & Rice Soup Beef Brisket w/Gravy Mashed Potato Brussel Sprouts *Tuna Salad Club on Wheat</p>	<p>8 Nachos w/Beans & Cheese Chicken Enchiladas Spanish Rice, Corn Whole Grain Tortilla *Corned Beef Rubeen</p>	
<p>11 Split Pea Soup Open Shepherd's Pie Mashed Potato Whole Wheat Roll *Turkey & Cheese on Wheat</p>	<p>12 Cheese Omelets Bacon Ham Home Fries Fresh Fruit Whole Grain Muffin</p>	<p>13 Caprese Salad Chicken a L'Orange Broccoli Brown Rice Pilaf *Seafood Salad on Wheat Roll</p>	<p>14 FATHER'S DAY MEAL Italian Wedding Soup Fried Pork Chop w/gravy Roasted Sweet Potato Spinach Corn Bread</p>	<p>15 Escarole and Bean Soup Greek Fish Bake Cucumber and Carrot Salad Whole Wheat Roll *Egg Salad on Wheat</p>	
<p>18 Hummus w/Pita Chips Grilled Chicken Rice Florentine (Whole Grain) Baby Carrots *Meatball Grinder</p>	<p>19 SUMMER PICNIC AT THE E.G. FIREMAN'S ASSOCIATION</p> <p>TICKETS REQUIRED!</p>	<p>20 Roasted Cauliflower Soup Pork Tacos w/Salsa Black Bean Salad/ Mexican Rice Whole Grain Tortilla *Italian Grinder</p>	<p>21 FIRST DAY OF SUMMER Strawberry Spinach Salad Cheeseburger & Hot Dog on Wheat Rolls Pasta Salad & Cole Slaw *Seafood Salad on Wheat</p>	<p>22 Lentil Soup Baked Ziti w/Sausage & Cheese Stuffed Pepper Garlic Bread *Chicken Salad on Wheat</p>	
<p>25 Fruit Cup Texas Chili Roasted Zucchini Brown Rice *Ham Salad on Wheat</p>	<p>26 Chopped Salad BBQ Chicken Thighs Green Beans Eggroll *BLT on Wheat</p>	<p>27 Tomato Soup Italian Beef Sandwich Potato Wedges Caesar Salad *Seafood Salad Plate</p>	<p>28 BIRTHDAY PARTY Apple & Cranberry Salad Oven Fried Chicken Mac & Cheese Mashed Sweet Potato *Cheeseburger on Wheat</p>	<p>29 Vegetable Soup Monte Cristo Sandwich French Fries Roasted Beets *Green Salad w/ Chicken</p>	



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JUNE 2018: PROGRAMS

Class Fees:

M = Member

NM = Non-Member

The membership fee is \$5 per person, per year.

Please note: You should always consult your physician before beginning any exercise program. All fitness program participants must sign a **Release of Liability and Assumption of Risk Agreement** prior to their first class. Forms are available at the Swift Community Center, Monday - Friday between 8:30 a.m. - 4:30 p.m.

Fitness participants must wear sneakers to exercise classes. Sneakers should have closed toes, non-slip soles, a backing and laces. Participants should wear breathable, loose fitting clothing and bring water to class.

Mondays

Sing-A-Long Group This group will be taking the summer off and starting up again in September if there are at least 5 members who want to join. No experience necessary, just a love of music!

Bingo! 1:00 - 3:00 p.m. in the gym. A set of bingo cards is \$3. A bingo marker is \$2.

Sit to be Fit Exercise 1:00 - 2:00 p.m. in the dining room. With the stability of a chair, you can perform exercises for range of motion, balance and strength. This class is taught by YMCA instructor Susanna Bodell. (\$2 M / \$3 NM)

Tuesdays

Scrabble Club 9:30 a.m. in the game room. Please join fellow "wordsmiths" for some fun!

Stretch and Tone 10:15 - 11:00 a.m. in the dining room. Exercises help maintain muscle strength, stamina and balance using weights. Weights are provided. Instructor: Jill Saint. (\$2 M / \$3 NM)

Country Western Line Dancing Class 1:00 - 2:00 p.m. in the gym. If you enjoy line dancing, you'll love this class taught by YMCA veteran instructor, Jackie Willsie. (\$2 M / \$3 NM)

NEW! Knitting & Crocheting

1:00 - 3:00 p.m. in the dining (no program 5/29). Participants supply their own materials. All levels of skill are welcome and if needed Noelle Bassett will assist beginners.

Wednesdays

Yoga YMCA instructor Maria Saillant teaches Yoga from 8:45 - 10:00 a.m. in the dining room. Yoga can improve your health through relaxation and breathing techniques, relieve stress, improve flexibility and slow the aging process. All levels are welcome. Participants must supply their own mat. (\$2 M / \$3 NM)

Art Class Drawing and Painting from 10:15 a.m. - 12:00 p.m. in the dining room. Join this great group of artists led by Jeannine Anderson. All levels of skill are welcome. Participants supply their own materials. Seating space is limited. (\$2 M / \$3 NM)

Wednesdays continued

Hi Lo Jack Tournament

1:00 - 3:00 p.m. **A 15 week session will begin in July.**

Participants must know how to play and have experience playing by league tournament rules. The fee is \$5 per person. Pre-registration is required, please contact Carol Tudino at 886-8638 or ctudino@eastgreenwichri.com

Thursdays

Zumba A Latin music dance class from 1:00 - 2:00 p.m. in the gym. Taught by YMCA instructor Jackie Willsie (\$2 M / \$3 NM)

Fridays

Cribbage 9:00 a.m. in the game room. Participants must have a basic knowledge of the game.

Circuit Fitness 11:00 - 11:45 a.m. in the gym. Low impact exercises mixed with upper body and lower body strength training. A chair can be used for added stability. Instructor: Michelle Anderson. (\$2 M / \$3 NM)

Canasta 12:15 p.m. in the game room. Participants must have a basic knowledge of the game.



East Greenwich Senior Services
Swift Community Center
P.O. Box 111
East Greenwich, RI 02818

PRSRT STD
U.S. Postage Paid
North Kingstown
RI 02852
Permit No. 175

TRANSPORTATION

Transportation: Forms, Reservations and Bus Passes

The Senior and Human Services bus is accessible to East Greenwich residents ages 55 and over and residents with disabilities. The bus lift will accommodate persons using wheelchairs, walkers, crutches, canes, braces, etc. or who otherwise have difficulty using steps. The bus will pick up and drop off East Greenwich residents at their residence. Passengers are required to have a completed application form on file. Please contact Melaine Potrzeba at 886-8669, ext. 3 for an application or to make a reservation. Reservations are required at least 24 hours in advance. Bus fees are \$10 for a month or \$2 per trip.

Transportation:

Monday through Thursday

- Senior dining and activities at the Swift Community Center
- East Greenwich Free Library
- Doctor/Dentist visits: Morning appointments in East Greenwich on Tuesdays & Wednesdays
- Select retail stores: Wednesdays

Thursdays

- Transportation to Stop & Shop

Fridays

- Day trips and retail shopping

Grocery Shopping

The bus begins picking up passengers every Thursday at 8:45 a.m. and takes them to Super Stop & Shop on Frenchtown Road. Shoppers are allowed 1 hour and 15 minutes in the market and a maximum of 6 reusable canvas shopping bags.

Retail Shopping & Trips:

The bus begins picking up passengers at 1:00 p.m. on Wednesdays and 9:00 a.m. on Fridays. The fee is \$2 p/trip or a monthly bus pass.

- **June 1st:** Christmas Tree Plaza & Five Guys
- **June 6th:** Stop & Shop Plaza, TJ Maxx Plaza & Dave's Plaza
- **June 8th:** North Kingstown Walmart & Homestead for lunch on own
- **June 12th:** Stop & Shop Plaza, TJ Maxx Plaza & Dave's Plaza
- **June 13th:** Showcase Cinema
- **June 15th:** Narragansett Seawall & Monahan's for lunch on own
- **June 20th:** Stop & Shop Plaza, TJ Maxx Plaza & Dave's Plaza
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- **June 27th:** Stop & Shop Plaza, TJ Maxx Plaza & Dave's Plaza
- **June 29th:** Ann & Hope /Chelo's