



# EAST GREENWICH SENIOR SERVICES NEWSLETTER

Volume 19 • No. 3

March 2024

**THE SENIOR CENTER  
PROVIDES SERVICES  
FOR SENIORS 55+  
AND ADULTS WITH DISABILITIES**

## STAFF

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**If you would like to register  
for lunch, please call  
Judy @ 886-8669 Ext. 2**

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

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

Check out the Community Services  
& Parks Facebook page!  
[https://www.facebook.com/  
EGCommunityServices/](https://www.facebook.com/EGCommunityServices/)

### **From the Senior Services Manager:**

We have a variety of programs to keep you busy this spring! Please review the insert for special programs in addition to our regular weekly activities. Senior Services will not offer any programs or lunch on Tuesday, April 2nd due to a voting primary. We hope to see you soon!

*Erin*

### **Monthly Monday Movie •**

A movie will be shown on Monday, March 4th at 1:15 p.m. Our movie licensing agreement does not allow us to advertise the movie title, but you can contact Erin during the week of February 26th for the title.

### **Saint Patrick's Day Luncheon •**

Tickets for the Thursday, March 14th Saint Patrick's Day luncheon are sold out. Susan McLeod will perform from 12:15 - 1:15 p.m.

### **Inclement Winter Weather Policy •**

**In the event of inclement weather, we will post cancellations and closures in the following locations:**

- \* Rhode Island Broadcasters website: [www.ribroadcasters.com](http://www.ribroadcasters.com).
- \* Local television stations (Channels 6, 10 & 12) and radio stations (92 PROFM, 94 HJY, B101 & Lite Rock 105).
- \* The Senior Services Manager's phone number 886-8669, ext. 3.

Individual cancellation calls will not be made for programs, meals and transportation. Please check via television, radio, the RI Broadcasters website or by calling the Senior Services Manager's direct phone line.

**If our office sends a robocall about cancelations, the phone number that will appear on your caller ID is 401-886-8669. The phone number that will appear by text is 855-642-1843.**

### **AARP Tax Aide Program: Appointment Required •**

**Please call Erin at 886-8669, ext. 3 to make a tax appointment. Appointments are available on Thursdays, April 4th & 11th from 9:00 a.m. - 12:00 p.m. Participants need to pick-up paperwork at Swift that MUST be completed prior to their appointment. AARP Tax Aide representatives will assist seniors and low to moderate income tax filers with preparation and filing of federal and state returns. Returns will be electronically prepared and transmitted. If you are filing jointly, both individuals must provide documentation. Participants must provide photo identification, a social security card and must bring the required identification, paperwork and documents with them to the appointment.**

## TABLE OF CONTENTS

Senior Information & Special Programs	Page 2
Transportation	Page 3
Special Programs	Pages 4 & 5
Exercise Programs	Page 6
Programs & Activities	Page 7
Trips	Page 8
Monthly Menu	Page 9
Monthly Calendar	Page 10

## SENIOR INFORMATION

### **Newsletter Email List** •

If you would like to receive the monthly newsletter by email, please send an email to Erin at emcandrew@eastgreenwichri.com.

### **Notary Public** •

Erin McAndrew is a notary and is available at Swift Monday - Friday from 9:00 a.m. - 4:00 p.m. If you need a document notarized, please contact Erin at emcandrew@eastgreenwichri.com or 401-886-8669 ext. 3 to make an appointment.

## SPECIAL PROGRAMS

### **Meal Site Volunteers** •

The meal site is in need of volunteers to check-in people when they arrive for lunch and to operate the commercial dishwasher weekdays from 11:30 a.m. - 1:30 p.m. If you would like to volunteer one day a week, please contact Judy at 886-8669, ext. 2.

### **Blood Pressure Checks** • No registration required.

- Staff from The Seasons will be at Swift on Wednesday, March 6th from 11:00 a.m. - 12:00 p.m.
- Lisa Steedman from Visiting Nurses Services of Home Health Services will be at Swift on Tuesday, March 19th from 12:30 - 2:00 p.m.

### **United Healthcare Informational Table** •

**Wednesday, March 6, 2024 from 10:00 a.m. - noon in the Swift lobby** 

**Provided by Lori Meo, Market Manager for United Healthcare**

If you have United Healthcare and would like information about the benefits provided with your plan, please drop-in to Swift on March 6th to speak with Lori Meo. She can discuss Medicare Advantage plans, Dual Special Needs plans and Medicare Supplement plans. No pre-registration required.

### **Tools for Healthy Living** • [FULL]

**Thursdays, March 7, 21 & 28, 2024 from 1:30 - 4:00 p.m. in the Swift dining room. No class March 14th.**

**There will be a make-up class on April 4th, if needed due to inclement weather.**

**Presented by Kathi Masi from the URI Geriatric Education Center**

### **Reflexology** • Participants can choose to have reflexology on their hands or feet!

**March 15 & 22, April 12 & 19, 2024 from 10:00 a.m. - 1:00 p.m. in the Swift living room**

**Fee: \$30 for a half-an-hour appointment. Appointments required.**



Mary Chapman, NBCR, a nationally certified Reflexologist, offers 30 minute Reflexology sessions the third and fourth Fridays of each month. Payment of \$30 is due at the appointment. Checks should be made payable to Anam Cara Reflexology. Credit cards are not accepted. To make an appointment, call Erin at 886-8669, ext. 3.

# TRANSPORTATION

**TO REGISTER FOR TRANSPORTATION OR FOR MORE INFORMATION,  
PLEASE CONTACT ERIN MCANDREW AT 886-8669, ext. 3.**

## **Transportation Information: Forms, Reservations and Bus Passes** •

The Senior 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 homes. Passengers are required to have a completed registration form on file. **Please contact Erin at 886-8669, ext. 3 for a registration form or to make a reservation. Reservations require at least 48 business hours advance notice.** Bus fees are \$10.00 for a monthly bus pass or \$2.00 per trip. The monthly bus pass does not include special trips advertised on page eight.

## **MARCH 2024 TRANSPORTATION SCHEDULE**

**Schedule is subject to change.**

### **Doctor & Dentist Appointments Only in East Greenwich** •

**Transportation is available in the morning only on the dates listed below. Medical appointments can be scheduled anytime between 9:00 and 10:00 a.m.**

Monday, March 4, 2024	Monday, March 18, 2024
Tuesday, March 5, 2024	Tuesday, March 19, 2024
Monday, March 11, 2024	Monday, March 25, 2024
Tuesday, March 12, 2024	Tuesday, March 26, 2024

### **Grocery Shopping** •

#### **• Stop & Shop on Frenchtown Road in North Kingstown**

**Participants are allocated 1 hour and 15 minutes to shop and a total of 6 canvas shopping bags.**

Wednesdays, March 6, 13, 20 & 27, 2024. Pick-up begins at 1:15 p.m.

Fridays, March 1, 8, 15, & 22, 2024. Pick up begins at 1:15 p.m.

#### **• Dave's Market in East Greenwich**

**Participants are allocated 1 hour and a total of 6 canvas shopping bags.**

Thursdays, March 7, 21 & 28, 2024. Pick up begins at 9:00 a.m.



### **Lunch at Swift** •

Transportation is available to and from Swift for the noon lunch program Monday - Friday.

### **Programs at Swift** •

Transportation is available to and from Swift for programs such as Stretch & Tone and Chair Yoga. For more information about the monthly schedule or to reserve a ride, please call Erin at 886-8669, ext. 3.

### **Walmart, Saint Luke's Food Pantry & Dollar Store** •

**Participants are allocated 1 hour to shop at Walmart and a total of 4 canvas shopping bags.**

**Walmart in North Kingstown:** Monday, March 4, 2024. Pick up begins at 1:15 p.m.

**Food Pantry:** Friday, March 22, 2024: Pick up begins at 9:45 a.m.

**Dollar Tree Store:** Friday, March 29, 2024: Pick up begins at 1:15 p.m.

**Walmart in North Kingstown:** Monday, April 1, 2024. Pick up begins at 1:15 p.m.

**PLEASE SEE PAGE 8 FOR INFORMATION ABOUT SPECIAL MONTHLY TRIPS**

# SPECIAL PROGRAMS 2024

## Eating for Better Brain Health • NEW CLASS ADDED ON MARCH 6th!

Wednesday, March 6, 2024 from 1:30 - 2:30 p.m. in the Swift dining room

Presented by Kathi Masi. Cost: \$2 Resident / \$3 Non-Resident



Eating for brain health means choosing foods shown to protect the brain from cognitive decline. What are the healthiest brain foods? It's a simple question with a not-so-easy answer. In this class, we will discuss brain healthy foods and tips from the MIND diet. The MIND diet is a hybrid of the Mediterranean diet and the blood pressure-lowering DASH (Dietary Approaches to Stop Hypertension) diet. Kathi will provide ideas for easy recipes and will demonstrate a simple brain-healthy recipe. Food samples will be available. Pre-registration is required, please call Erin at 886-8669, ext. 3. Min # of participants: 10. Max # of participants: 20.

## Eating for Better Brain Health • [FULL]

Monday, March 18, 2024 from 1:30 - 2:30 p.m. in the Swift dining room. Presented by Kathi Masi.

Cost: \$2 Resident / \$3 Non-Resident.

\*\* Nutrition classes with Kathi will be offered on April 15, May 20 & June 17. Details in future newsletters. \*\*

## Eating for Better Gut Health, Why it Matters •

Monday, April 15, 2024 from 1:30 - 2:30 p.m. in the Swift dining room

Presented by Kathi Masi. Cost: \$2 Resident / \$3 Non-Resident



What is gut health? Why is it important? How can you improve your gut microbiome? Trust your gut and join us for this informative session! A "gut-friendly" recipe will be demonstrated along with samples for tasting. Pre-registration required, call Erin at 886-8669, ext. 3. Min # of participants: 10. Max # of participants: 20.

## Savory Fare Presentation •

Wednesday, March 20, 2024 from 1:30 - 2:30 p.m. in the Swift dining room. Presented by Maxine Mae Hutchins

Savory Fare is a Rhode Island food delivery service specializing in restaurant quality meals that are packed with homemade goodness. Meals are cooked with ingredients from local farmers. Clients select single serve entrees, salads, soups and sides from the seasonal menu. Prices for sides to entrees range from \$6 to \$17. Entrée choices include chicken piccata (\$10), meatloaf (\$11) and beef shepherd's pie (\$13). Meals are delivered on Wednesday and Friday afternoons. Maxine will bring samples to taste and information on how to register for their delivery service. Pre-registration required, call Erin at 886-8669, ext. 3. Min # of participants: 10. Max # of participants: 25.

## Matter of Balance • Participants must be 60 or older

Wednesdays from 1:30 – 3:30 p.m. in the Swift dining room

April 3, 10, 17, 24 May 1, 8, 15, & 22. May 29<sup>th</sup> is a make-up day if needed. (8 classes)

Presented by Cindy Graves from Westbay Community Action



This program will teach you to: view falls as controllable, set goals for increasing your activity level, make changes to reduce the risk of falls at home and use exercise to increase strength and balance. Registration is required, please call Erin at 886-8669, ext. 3. Max # of participants: 12.

## URI Pharmacy Outreach Presentation: On-Line Health Information •

Thursday, April 4, 2024 from 10:00 - 11:00 a.m. in the Swift dining room

Presented by URI Pharmacy students



An informative presentation detailing refilling, accessing your prescriptions online and scheduling vaccines; communicating with your doctor through telehealth and phone apps to help you track your health and pill reminders. Pre-registration required, please contact Erin at 886-8669, ext. 3. Max # of participants: 20.

# SPECIAL PROGRAMS 2024

## Writing & Journaling •

**Tuesdays, April 9, 16, 23, 30, May 7, 14, 21 & 28, 2024 from 1:30 - 3:00 p.m. in the Swift game room. (8 classes)**  
**June 4th is a make-up day if needed. Presented by Jonathan Gibbs, Adjunct Professor Bryant University.**  
**Cost: \$20 Resident / \$25 Non-Resident. Payment due by Thursday, April 4, 2024.**

This program is taught by Jonathan Gibbs, who was the editor at The East Greenwich Pendulum for 14 years before moving on to teach writing for the past 10 years at Bryant University. The course will include any kind of writing a participant wants to concentrate upon, as well as an offering of writing prompts designed to get the creative juices flowing. Examples could include: 'What was a transformational moment in your life?' or writing prompts based on life situations. Participants will also have an opportunity to explore fiction writing, dream journaling, poetry and short screenplays. With the flexibility of being able to write in whatever genre one chooses in a nonjudgmental environment, the course is designed to help writers find and hone their writing voice. Putting thoughts down on paper helps us process events in our lives and find answers to problems in our responses to the situations we are writing about. It is a form of self-therapy that can help us understand ourselves and our world better. A writing journal will be provided and participants can choose to use a digital device for writing if they prefer. Pre-registration is required, please call Erin at 886-8669, ext. 3. Max # of participants: 12.

## Healthy Eating for Successful Living in Older Adults •

**Thursdays 1:30 p.m. – 3:30 p.m. April 11, 18, 25, May 16, 23, 30, 2024. (6 classes)**



**Presented by Kathi Masi from the URI Geriatric Education Center**

This is an evidenced based program for older adults that want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness and prevent chronic disease development or progression. Healthy Eating uses the USDA's MyPlate as a framework. Pre-registration required, please contact Erin at 886-8669, ext. 3. Min # of participants: 8. Max # of participants: 14.

## AARP Smart Driver Class •

**Monday, April 29, 2024 from 1:30 - 5:30 p.m. in the Swift Dining Room**



**Fee: \$20 AARP Member / \$25 AARP Non-Member**

Successful completion of the course may qualify those 55 and older for a discount on auto insurance (please contact your insurance company for details). Pre-registration and payment are required by Wednesday, April 24th. Checks should be made payable to "AARP." To register, please call Erin at 886-8669, ext. 3.

Min # of participants: 10. Max # of participants: 20.

## Floral Arranging: Butterfly •

**Thursday, May 2, 2024 from 1:30 - 3:00 p.m. in the Swift game room. Payment due by April 24, 2024.**

**OR**

**Friday, May 10, 2024 from 1:30 - 3:00 p.m. in the Swift gym. Payment due by May 1, 2024.**



**Presented by Sally Gruber, owner of Interactive Horticulture**

**Cost: \$23 Resident / \$25 Non-Resident.**

A favorite of many, the butterfly has winged its way over the continents for 40 million years. Essential to the balance in nature, this spectacular insect has a mutualistic relationship with flowers. Please join us as we explore this fascinating life form and create a stunning butterfly arrangement. Each participant will receive a decorative metal pail with a bounty of colorful blooms. Golden vyking mums, peach spray rose, and lavender limonium round out the exquisite centerpiece. Experience a metamorphosis in beauty—sign up today! Pre-registration and payment required, contact Erin at 886-8669, ext. 3. Min # of participants: 10. Max # of participants: 15.

# EXERCISE PROGRAMS

**Individuals must complete a registration and liability form before participating in any exercise program.**

**Sneakers are required for all exercise classes. During winter months, it is appreciated if participants bring a pair of sneakers that they can change into before class, to avoid tracking snow and ice melt into the gym.**

## **Pickleball • Seasonal Program May through October**

Mondays, Tuesdays & Wednesdays at 9:30 a.m.

**Location:** Academy Field Basketball Courts  
Impromptu games May - October. Racquets and balls available at Swift if needed.

## **Sit to be Fit •**

Mondays from 1:15 - 2:15 p.m.

**Location:** Dining Room **Instructor:** Susanna Bodell

**Cost:** \$2 Resident / \$3 Non-resident

With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

## **Yoga • No class 4/2**

Tuesdays from 8:45 - 9:45 a.m.

**Location:** Gym **Instructor:** Linda Morse

**Cost:** \$2 Resident / \$3 Non-resident

The basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. Participants must supply their own mat.

## **Stretch and Tone • No classes 3/20 & 4/2**

Tuesdays from 10:00 - 10:45 a.m.

Wednesdays from 11:00 - 11:45 a.m.

Thursdays from 10:00 - 10:45 a.m.

**Location:** Gym

**Instructor:** Daryl Brazo

**Cost:** \$2 Resident / \$3 Non-Resident

Exercises to help maintain muscle strength, stamina and balance using weights. A chair may be used if needed.

## **Chair Yoga • No classes 3/20 & 4/2**

Tuesdays from 11:00 a.m. - 12:00 p.m.

Wednesdays from 1:00 - 2:00 p.m.

**Location:** Gym **Instructor:** Linda Morse

**Cost:** \$2 Resident / \$3 Non-resident

Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor.

## **Country Western Line Dancing • No class 4/2**

**\*\* NO FRIDAY CLASSES UNTIL APRIL 5th\*\***

Tuesdays from 1:00 - 2:00 p.m.

Fridays from 1:00 - 2:00 p.m.

**Location:** Gym

**Instructor:** Jackie Willisie.

**Substitute Instructor on Tuesdays:** Daryl Brazo

**Cost:** \$2 Resident / \$3 Non-resident

This class will keep you moving to country western songs. If you enjoy line dancing, you'll love this class!

## **Indoor Walking Program • No program 4/2**

Tuesdays from 2:30 - 3:30 p.m.

Drop by and use the gym to walk at your own pace.

## **Stay Active • NEW PROGRAM! No class 3/20**

Wednesdays from 2:30 - 3:15 p.m.

**Location:** Gym **Instructor:** Michelle Anderson

**Cost:** \$2 Resident / \$3 Non-resident

The program works to improve balance, muscle strength, flexibility and mobility which can lead to better functioning in daily activities. Exercises can be done while seated in a chair.

## **Tai Chi Long Form Yang Style • No classes 3/14 & 4/25**

**Session ends on May 2, 2024.**

**Total of 10 classes.**

**\$20 for residents & \$30 for non-residents, per session**

**Beginner Class:** 1:00 - 1:45 p.m.

**Intermediate Class:** 2:00 - 3:00 p.m.

**Location:** Gym **Instructor:** Jane Gemma

To register for the current session or for more information, please call Erin at 886-8669, ext. 3.

Min # of participants: 10. Max # of participants: 20.

## **Circuit Fitness • No class 3/29**

Fridays from 11:00 - 11:45 a.m.

**Location:** Gym **Instructor:** Michelle Anderson

**Cost:** \$2 Resident / \$3 Non-resident

Low impact exercises mixed with upper body and lower body strength training. These exercises will help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.



## PROGRAMS

### Billiards •

This is a free, drop-in program on periodic Mondays from 2:30 - 4:30 p.m. **Billiards will be offered on Monday, March 18th.**

### Computer Room •

The room is open Monday through Friday from 9:00 a.m. - 4:00 p.m. for computer use and internet connections.

### Cyber Seniors •

Cyber Seniors is a research study program coordinated by URI Associate Professor, Skye Leedahl. A URI student is utilizing this program to gain experience in working with older adults and in learning how to explain new information to people. URI students are NOT Apple, Google, or Zoom experts. They will work with participants to share what they know, help brainstorm and problem solve. Please be patient with the student mentors. **Location:** Computer Room  
**Private one-hour appointments with a URI student are available on Friday mornings in March & April. If you would like an appointment, please call Erin at 886-8669 ext. 3.**

### Art Class •

Wednesdays from 9:15 - 10:45 a.m.

**Location:** Dining Room

**Instructor:** Jeannine Anderson

**Cost:** \$2 Resident / \$3 Non-resident

All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants must supply their own materials.

### Philosophy Club •

Second and fourth Wednesdays of the month:  
Wednesdays, March 13 & 27, 2024  
from 9:00 - 10:30 a.m.

**Location:** Game Room

You are invited to enjoy a thought provoking exploration of a myriad of philosophical topics. Meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group.

## ACTIVITIES

**Caregivers Support Group** • Third Friday of every month, March 15th on Zoom from 10:00 - 11:00 a.m. Please contact Deb Burton at 401-585-0509 or deb@rielderinfo.com for more information or to register.

**Bridge** • Mondays & Tuesdays from 9:00 - 11:30 a.m. in the game room. This entertaining card game combines strategy and skill to beat your opponents.

**BINGO** • This program meets on the second and fourth Mondays of the month from 1:00 - 3:00 p.m. **Bingo will be offered on March 11th & 25th.** A set of bingo cards is \$3. A bingo marker is \$2. For more information, please call Erin at 886-8669, ext. 3.

**Mah Jongg** • Mondays from 1:00 - 3:00 p.m. in the game room. This tile-based game was developed in the 19th century in China. Participants must have experience playing the game.

**Scrabble** • Tuesdays from 9:30- 11:30 a.m. in the game room. Come and join fellow "wordsmiths!"

**Knitting & Crocheting** • Fridays from 8:45 a.m. - 10:45 a.m. in the dining room. Studies have shown that positive outcomes from knitting and crocheting groups include improved self-esteem, improved brain function and improved health through social contact. All skill levels are welcome.

**Cribbage** • Fridays from 9:00 - 11:30 a.m. in the game room. This card game involves playing and grouping cards in combinations which gain points.

**Canasta** • Fridays from 12:00 - 3:00 p.m. in the game room. This card game resembles rummy, but uses two decks. New players with a basic knowledge of the game are always welcome!



# TRIPS

**TRIP RESERVATIONS ARE REQUIRED. PLEASE CONTACT ERIN AT 886-8669, ext. 3.**

**Providence's Very Delicious Lunch Tour      Thursday, March 28, 2024      Fee: \$80 per person**

As you travel by tour bus, your host will take you to different neighborhoods around the city. Featuring a collection of rising culinary stars and local favorites, you will love this dining and touring adventure!

Depart 1127 Frenchtown Road at 11:30 a.m. Return at approximately 3:00 p.m. Minimal walking.

Payment due by Friday, March 1, 2024. Min # of participants: 15. Max # of participants: 28.



**Best of Boston [2 SEATS AVAILABLE]      Thursday, April 18, 2024      Fee: \$100 per person**

The day will begin at the Boston Tea Party Museum, the #1 patriotic attraction in America. Then, a visit to Chinatown, the Old North Church and the site of the Boston Massacre. Next, you will have free time to enjoy lunch (cost on your own) and the history and shops at famous Quincy Market and Faneuil Hall. After lunch, the group will visit the Boston Public Garden, Bunker Hill, Harvard, Fenway Park, and "Old Ironsides". Depart 1127 Frenchtown Road at 9:00 a.m. Return at approximately 6:00 p.m. Payment due by Friday, March 22, 2024. Considerable walking. Min # of participants: 20. Max # of participants: 28.

**Journey Through The Arts      Thursday, May 23, 2024      Fee: \$90 per person**

Featuring the world-class art museum of the Rhode Island School of Design, the award-winning Steel Yard, the WaterFire Arts Center, and more, this tour will immerse you into Providence's wonderful world of creative arts.

Depart 1127 Frenchtown Road at 9:00 a.m. Return at approximately 4:00 p.m. Considerable walking

Payment due by Friday, April 26, 2024. Min # of participants: 20. Max # of participants: 28.



**Magnificent Gardens of Rhode Island      Thursday, June 20, 2024      Fee: \$105 per person**

Our trip includes the Botanical Center at Roger Williams Park, the luxuriant Blithewold Mansion Gardens and the Arboretum in Bristol, which was named one of the five most beautiful public gardens in New England by Yankee magazine. While on the grounds of the estate, we will enjoy a picnic lunch from Panera Bread (lunch is included in trip fee). We will continue our tour at the award winning Green Animals Topiary Garden in Portsmouth, which famously hosted the debutante of Jackie Kennedy. Then, we will cap off the day at the stunning Blue Garden of Newport. Depart 1127 Frenchtown Road at 10:00 a.m. Return at approximately 5:00 p.m. Considerable walking. Payment due by Friday, May 24, 2024. Min # of participants: 25. Max # of participants: 28.

**Old Time Mystic, CT      Thursday, August 29, 2024      Fee: \$90 per person**

Our tour will begin at one of the most delightful bookstores you have ever seen in a lovely coastal village near Mystic. Then, we will be off to the recreated 18th century colonial town of Olde Mistick Village, where you will have time to explore the unique shops and enjoy lunch (cost on your own). After lunch, we will show you the picturesque Main Street of Mystic before you go for a fun visit to Mystic Seaport. Here, you will experience life as it was lived in an 1800's, and cruise down the Mystic River on an old-fashioned steamboat. Depart 1127 Frenchtown Road at 10:00 a.m. Return at approximately 5:00 p.m. Considerable walking. Payment due by Friday, August 2, 2024. Min # of participants: 20. Max # of participants: 28.



**Beautiful Block Island      Thursday, September 19, 2024      Fee: \$100 per person**

Depart 1127 Frenchtown Road at 9:30 a.m. Return at approximately 6:30 p.m. Considerable to moderate walking. Payment due by Friday, August 23, 2024. Min # of participants: 20. Max # of participants: 28.

**Blackstone River Cruise & Wrights Farm      Thursday, October 24, 2024      Fee: \$105 per person**

Depart 1127 Frenchtown Road at 1:00 p.m. Return at approximately 7:30 p.m. Minimal walking, balance required while on boat. Payment due by September 27, 2024. Min # of participants: 20. Max # of participants: 28.





# MARCH 2024 MENU

**Suggested donation is \$3.00 per meal. Thank you for your donation!**

**Funded in part by the United States Administration on Aging  
and state funds by the Rhode Island Office of Healthy Aging.**


**MENU SUBJECT TO CHANGE**

**Meals are served at the Swift Community Center, Monday - Friday at noon.**


**Meal site orders must be submitted by noon on Wednesday for the following week.**

**To place an order for lunch, please call Judy at 886-8669, ext. 2.**

**Our meals are created by Encore Catering in Warwick.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b><u>All menu items may contain nuts, seeds, beans, wheat bran &amp; other allergens. Please inform our staff of any food allergies.</u></b></p>	<p><b><u>SERVING SIZES:</u></b> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>		<p><b>1</b> Tomato Soup Beer Battered Fish Rice Pilaf Green Beans Wheat Bread Fruit (Roast Beef on Roll)</p>
<p><b>4</b> Vegetable Soup Chicken Cordon Bleu Rice Florentine Sautéed Vegetables Roll &amp; Pudding (Seafood Salad on Wheat)</p>	<p><b>5</b> Chicken Escarole Soup Top Sirloin Roast Roasted Potatoes Zucchini &amp; Tomatoes Wheat Roll &amp; Jello (Chef Salad)</p>	<p><b>6</b> Vegetable Lentil Soup Roasted Chicken Thighs Green Beans Wheat Roll &amp; Fruit (Turkey &amp; Swiss Sandwich)</p>	<p><b>7</b> Kale &amp; Bean Soup Meatloaf with Gravy Mashed Potatoes Mixed Vegetables Roll &amp; Cake (Chicken Salad Plate)</p>	<p><b>8</b> Cauliflower Soup Potato Crusted Fish Rice Pilaf Peas &amp; Carrots Roll &amp; Fruit (Tuna Salad Plate)</p>
<p><b>11</b> Chicken Soup Lasagna Roll-up with Meat Sauce Italian Vegetables Garlic Bread Fruit (Egg Salad Sandwich)</p>	<p><b>12</b> Navy Bean Soup Chicken Francese Green Beans Stewed Tomatoes Spanish Rice &amp; Cookie (Seafood Salad Sandwich)</p>	<p><b>13</b> Vegetable Barley Soup American Chop Suey Roasted Yellow Squash Roll &amp; Fruit (Spinach Salad with Chicken)</p>	<p><b>14</b> <b>TICKET REQUIRED</b>  Irish Potato Soup Corned Beef Cabbage &amp; Carrots Boiled Potatoes Irish Soda Bread Brownie</p>	<p><b>15</b> Red Clam Chowder Baked Fish Cole Slaw Rice Pilaf Roll &amp; Pudding (Tuna Salad Plate)</p>
<p><b>18</b> Minestrone Soup Baked Chicken Topped with Eggplant Roasted Potatoes Roll &amp; Cookie (Roast Beef on Roll)</p>	<p><b>19</b> Vegetable Barley Soup Pub Cheeseburger Roasted Potatoes Cole Slaw Roll &amp; Pudding (Chicken Salad on Rye)</p>	<p><b>20</b> Chicken &amp; Rice Soup Pork Roast with Gravy Mixed Vegetables Mashed Potatoes Fruit &amp; Roll (Greek Salad with Chicken)</p>	<p><b>21</b> Escarole &amp; Bean Soup Veal &amp; Pepper Sandwich Vegetable Salad Roll Fruit (Tuna Sandwich)</p>	<p><b>22</b> French Onion Soup Fish Filet Sandwich Cole Slaw Potato Wedges Roll &amp; Cookie (Chef Salad)</p>
<p><b>25</b> Chicken Soup Shepherd's Pie Mashed Potatoes Roll &amp; Pudding (Turkey Sandwich on Wheat Roll)</p>	<p><b>26</b> Turkey Soup Meatball Sandwich Three Bean Salad Roll Cake (Cobb Salad)</p>	<p><b>27</b> Tomato Soup Crustless Chicken Pot Pie Mashed Potatoes Roll Fig Newton (Corned Beef on Rye)</p>	<p><b>28</b> Vegetable Lentil Soup Baked Ham with Gravy Mashed Potatoes Mixed Vegetables Roll &amp; Rice Pie (Ham &amp; Swiss Sandwich)</p>	<p><b>29</b> Fish Chowder Fish Cakes Rice Pilaf Sliced Carrots Roll &amp; Fruit (Egg Salad Plate)</p>

# EAST GREENWICH SENIOR SERVICES MARCH 2024 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Program Locations</b> Programs are located at the Swift Community Center, unless otherwise noted. Pickleball meets on the basketball courts behind Swift.</p>		<p><b>SENIOR SERVICES WILL NOT OFFER PROGRAMS OR LUNCH ON TUESDAY, APRIL 2nd DUE TO A VOTING PRIMARY</b></p>		<p><b>1</b> 8:45 Knitting <b>9:00 Cyber Seniors</b> 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta</p>
<p><b>4</b> 9:00 Bridge 1:00 Mah Jongg 1:15 Sit to be Fit <b>1:15 Movie</b> <b>1:15 Walmart</b></p>	<p><b>5</b> 8:45 Yoga 9:00 Bridge 9:30 Scrabble 10:00 Stretch &amp; Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Journaling 2:30 Indoor Walking</p>	<p><b>6</b> 9:15 Art Class <b>10:00 United Healthcare Table</b> <b>11:00 Blood Pressure</b> 11:00 Stretch &amp; Tone 1:00 Chair Yoga <b>1:30 Eating for Better Brain Health NEW!</b> 2:30 Stay Active</p>	<p><b>7</b> <b>9:00 AARP Tax Program</b> 10:00 Stretch &amp; Tone 1:00 Beg Tai Chi <b>1:30 Tools for Healthy Living</b> 2:00 Int Tai Chi</p>	<p><b>8</b> 8:45 Knitting <b>9:00 Cyber Seniors</b> 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta</p>
<p><b>11</b> 9:00 Bridge 1:00 Mah Jongg <b>1:00 Bingo</b> 1:15 Sit to be Fit</p>	<p><b>12</b> 8:45 Yoga 9:00 Bridge 9:30 Scrabble 10:00 Stretch &amp; Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Journaling 2:30 Indoor Walking</p>	<p><b>13</b> <b>9:00 Philosophy Club</b> 9:15 Art Class 11:00 Stretch &amp; Tone 1:00 Chair Yoga 2:30 Stay Active</p>	<p><b>14</b> 10:00 Stretch &amp; Tone <b>12:00 St. Patrick's Day Lunch. Ticket Required.</b> </p>	<p><b>15</b> 8:45 Knitting 9:00 Cribbage <b>10:00 Reflexology</b> <b>10:00 Caregivers Zoom Meeting</b> 11:00 Circuit Fitness 12:00 Canasta</p>
<p><b>18</b> 9:00 Bridge 1:00 Mah Jongg <b>2:30 Billiards</b> <b>1:30 Eating for Better Brain Health [FULL]</b> 1:15 Sit to be Fit in Gym</p>	<p><b>19</b> 8:45 Yoga 9:00 Bridge 9:30 Scrabble 10:00 Stretch &amp; Tone 11:00 Chair Yoga <b>12:30 Blood Pressure</b> 1:00 Line Dancing 1:30 Journaling 2:30 Indoor Walking</p>	<p><b>20</b> 9:15 Art Class <b>1:30 Savory Fare Presentation</b></p>	<p><b>21</b> <b>9:00 AARP Tax Program</b> 10:00 Stretch &amp; Tone 1:00 Beg Tai Chi <b>1:30 Tools for Healthy Living</b> 2:00 Int Tai Chi</p>	<p><b>22</b> 8:45 Knitting <b>9:00 Cyber Seniors</b> 9:00 Cribbage <b>9:45 Food Pantry</b> <b>10:00 Reflexology</b> 11:00 Circuit Fitness 12:00 Canasta</p>
<p><b>25</b> 9:00 Bridge 1:00 Mah Jongg <b>1:00 Bingo</b> 1:15 Sit to be Fit</p>	<p><b>26</b> 8:45 Yoga 9:00 Bridge 9:30 Scrabble 10:00 Stretch &amp; Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Journaling 2:30 Indoor Walking</p>	<p><b>27</b> <b>9:00 Philosophy</b> 9:15 Art Class 11:00 Stretch &amp; Tone 1:00 Chair Yoga 2:30 Stay Active</p>	<p><b>28</b> <b>9:00 AARP Tax Program</b> 10:00 Stretch &amp; Tone 1:00 Beg Tai Chi <b>1:30 Tools for Healthy Living</b> 2:00 Int Tai Chi</p>	<p><b>29</b> 8:45 Knitting <b>9:00 Cyber Seniors</b> 9:00 Cribbage 12:00 Canasta <b>1:15 Dollar Store</b></p>