



EAST GREENWICH

COMMUNITY CENTER NEWSLETTER

Volume 15 • No. 7

July 2019

THE COMMUNITY
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

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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, please call 886-8669 Ext. 5**

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

*Newsletters will be mailed to current members only. If you are not sure when your membership runs out- call us at 886-8669.

The Center will be closed for the July 4th Holiday

From the Senior Center Manager: What isn't there to love about the summer months? June brought us our Father's Day Luncheon, our Volunteer Appreciation Luncheon, and our annual summer cookout at the Fireman's Association. We also have lots of activities and programs planned for the remaining warm months that are listed in this newsletter. Our next coffee chat which will be on August 2nd @ 10:00 a.m. Please drop by for a cup o'Joe and a pastry!

Bruce MaGunnigle, local historian will be doing a special presentation on the history of the East Greenwich Academy July 10th from 1-2 p.m. Please register with Charlotte to attend. 886-8669 Ext. 1

Oak Street Health: Got Medicare? Oak Street Health is a primary care doctor's office for adults on Medicare. You'll spend twenty minutes or more with your doctor, be able to schedule same-day or next day appointments, and talk to someone 24/7 who can help you. Complimentary transportation is available! Learn more at a presentation Wednesday, July 17th @ 1 p.m. Register with Charlotte at 886-8669 Ext. 1.

Cyber Seniors- will resume July 8th. It will be offered on Mondays and Wednesdays . Sign up for one hour slots at 9, 10, 11, or 12 p.m. Registration required. Contact Charlotte @ 886-8669 Ext. 1

All American Assisted Living will host a Free Ice Cream Social Tuesday, July 30th @ 12:30 p.m. reservations by July 24th to Charlotte @ 886-8669 Ext. 1

Attention Language Teachers: We are looking for someone who would be willing to teach beginning French and/or Spanish here at the center. It would be one day a week for an hour. If you think you might be interested, please give Charlotte a call at 886-8669 Ext. 1.

Movie of the Month We will show a free movie at Swift on Friday, July 12th @ 1:00 p.m. **Please notice the new date** because of the holiday. Reservations are not required. Contact Charlotte the week before to find out the movie title. We hope that you can join us!

Book of the Month Club The East Greenwich Library Book Group will meet July 29th from 1:30 - 2:30. We will be discussing **Glass House** by Louise Penny. Copies will be at the library desk on June 24th. New members are welcome!

New!! Chess/Checkers Club: Want to learn how or play a game? Instructors available on Tuesdays 1-2 p.m. or Wednesdays 10-11 a.m. Contact Charlotte @ 886-8669 Ext. 1 for info.

East Greenwich Community Center Newsletter

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

Cooling Center The Swift Community Center is the Towns' designated Cooling Center during extreme heat. The building is open Monday-Friday 8:30 a.m.- 4:30 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.

Social Services Assistance: Rachel Longo is a trained SHIP councilor (State Health Insurance Program). The goal of SHIP is to provide seniors with access to accurate, unbiased health insurance information, counseling and assistance free of charge. Rachel is available throughout the year for anyone turning 65 who needs to choose a Medicare Part B insurance supplement or advantage plan. Appointments are required. Contact Rachel @ rlongo@eastgreenwichri.com or 886-8669 X 4.

The **Rhode Island Special Needs Emergency Registry** is a system for the identification of Rhode Islanders who may require assistance during emergencies. Examples of people who may register include those with chronic conditions, disabilities and other special healthcare needs. If you would like your name added to the State's registry, please call Charlotte at 886-8669, ext. 1 or you can go online to complete the form at www.health.ri.gov/emregistry.

Philosophy Club: Bob Houghtaling will lead this fun group twice a month on Wednesdays– this month it will be on July 3rd & 17th from 9-10:30 a.m. No registration required.

Mental Health and Support Services: Bob Houghtaling will provide office hours where community members can speak with him about anything related to mental health, substance abuse, grief or family concerns. His hours in July are from 9:30-11:30 a.m. contact Bob @ 230-2246 to make an appointment.

Caregivers Support and Resource Group meets on the second Wednesday of the month. This month it will meet on July 10th 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.

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.

All Nurse Clinics include blood pressure and heart rate checks:

July 5th from 10am-11:45am: Amy Craig from WellOne of North Kingstown

July 11th from 10:30am-12pm: Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

July 16th from 12:30pm-2pm: Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services.

July 31st from 12:15pm-1:15pm: Kathryn Holz, a registered nurse with All American

Coming in August

Blood Drive: Swift Gym August 2nd from 1-5 p.m.



East Greenwich Community Center Newsletter

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 Maryjo Greig 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.

Wednesdays: July 3, 10, 17, 24, & 31:

Dave's Market Plaza-Quonset, North Kingstown
Shopping from 1:00 to approximately 3:00 p.m.

Thursdays: July 11 & 25 ALSO Friday July 5 & July 19th:

Stop & Shop, Frenchtown Road, North Kingstown
Shopping from 9:00 to approximately 10:30 a.m.

~Special Trip~

Wrights Chicken Farm & Bakery- Thursday, July 18th: The bus will leave Swift at 10:30 a.m. and return at approximately 3:00 p.m. The fee is \$15 per person (\$13 for lunch and \$2 for the bus). The bus will stop at Wrights Bakery after lunch, please bring money if you would like to purchase a treat. Payment is due by Thursday, July 10th. To register please call Maryjo at 886-8669 Ext. 3 Hurry—seating is limited! **REFUNDS WILL BE PROVIDED ONLY IF WE ARE ABLE TO FILL THE VACANCY.**

Picnic Lunch w/Jamestown Senior Center @ Fort Getty: August 1st. The bus will leave Swift @ 10:30 a.m. Enjoy BBQ ribs/chicken, baked beans & cole slaw at one of R.I.'s scenic parks! Donation \$3.00 for meal. Contact Maryjo to sign up 886-8669 Ext. 3.

Theatre by the Sea: "Newsies" Thursday, August 8th Set in turn-of-the century New York City, *Newsies* is the rousing tale of Jack Kelly, a charismatic newsboy and leader of a band of teen-aged "newsies." When titans of publishing raise distribution prices at the newsboys' expense, Jack rallies newsies from across the city to strike against the unfair conditions and fight for what's right! *Newsies* is packed with non-stop thrills and a timeless message, perfect for the whole family! The play is approximately 2 hours and 20 minutes (including intermission). The bus will leave Swift at 11:00 a.m. and return at approximately 5:30 p.m. The group will have lunch at Bistro by the Sea at 12:00 p.m. Participants will select a lunch from a pre-determined menu. The price per person for the bus, lunch, and matinee is \$70.00. Payment is required by Wednesday, July 31st. Seating is limited contact Maryjo 886-6869 Ext. 3 to sign up. **REFUNDS WILL BE PROVIDED ONLY IF WE ARE ABLE TO FILL THE VACANCY.**

Friday Trips:

July 5th: Stop & Shop pick up at 9 a.m.

July 12th: Goddard Park Farmers Mkt. & Four Brothers' Pizza Restaurant pick up at 10 a.m.

July 19th: Stop & Shop pick up at 9 a.m.

July 26th: N.K. Walmart & Gregg's Restaurant pick up at 10 a.m.



JULY 2019: LUNCH MENU

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



<p>1 Fruit BBQ Chicken Drumsticks Sliced Carrots Pasta Salad <i>*Meatball Grinder</i></p>	<p>2 Chicken Escarole Soup Baked Ham Mashed Cauliflower Peas <i>*Tuna Salad on Wheat</i></p>	<p>3 <u>4th OF JULY MEAL</u> Tossed Salad Grilled Steak Whole Wheat Roll Baked Potato Roasted Zucchini w/ Tomato Ice Cream</p>	<p>4  <i>*Chef Salad</i></p>	<p>5 Strawberry Mango Salad Baked Ziti w/Meatballs Creamy Veggie Salad Italian Bread <i>*BLT on Wheat</i></p>
<p>8 Tomato Soup Open Shepherd's Pie Mashed Potato Whole Grain Biscuits <i>*Ham and Provolone on Wheat</i></p>	<p>9 Vegetable Noodle Soup Chicken Chop Suey Pork Fried Rice Eggroll <i>*Seafood Salad on Wheat</i></p>	<p>10 Fruit Salad Scrambled Eggs Home fries Bacon and Sausage French Toast w/Syrup 100% Tomato Juice</p>	<p>11 White Beans over Bread Honey Garlic Chicken Wild Rice (Whole Grain) Spinach <i>*Chef Salad</i></p>	<p>12 Caprese Salad Chili and Sour Kraut Hotdog Whole Wheat Roll Cole Slaw Chips <i>*Chicken Salad on Wheat</i></p>
<p>15 Fruit Cup Breaded Chicken Thigh Summer Pasta Broccoli <i>*Egg Salad Plate</i></p>	<p>16 Lentil Soup Philly Cheese Steak Curly Fries Cauliflower <i>*Cobb Salad</i></p>	<p>17 Bean Salad Ravioli w/Meat Sauce Tossed Salad Whole Wheat Roll <i>*Italian Grinder</i></p>	<p>18 <u>BIRTHDAY PARTY</u> Italian Wedding Soup Summer Chicken Parm Pasta Salad Brussel Sprouts Cup Cakes <i>*Roast Beef on Bulkie</i></p>	<p>19 Hummus w/Pita Chips French Fish Bake Rice Florentine Baby Carrots <i>*Cheeseburger on Wheat Roll</i></p>
<p>22 <u>SUMMER BBQ MEAL</u> Fruit Cup Shredded Chicken Sandwich w/BBQ Sauce Green Beans <i>*Stuffed Tomato w/ Tuna</i></p>	<p>23 Tossed Salad Spaghetti w/Sausage Sauce Spinach Italian Bread <i>*Pastrami Rueben on Rye</i></p>	<p>24 Red Clam Chowder Crab Cakes, Wheat Roll Cole Slaw Wax Beans <i>*Cobb Salad</i></p>	<p>25 Vegetarian Chili Roasted Brisket w/Gravy Roasted Sweet Potato Mixed Veg <i>*Seafood Salad Plate</i></p>	<p>26 Beet Salad Pork Tacos w/Pineapple Salsa Rice /Wheat Tortilla Black Beans <i>*Egg Salad on Wheat Roll</i></p>
<p>29 Split Pea Soup Hot Turkey Sandwich with Bacon & Swiss Summer Potato Salad <i>*Greek Salad w/ Chicken</i></p>	<p>30 Fruit Salad Meat Ragu Mashed Potato Peas and Carrots <i>*Sausage & Pepper Sandwich</i></p>	<p>31 Mushroom and Barley Soup Meatball & Pepper Sandwich Mixed Veg 3 Bean Salad <i>*Chicken Salad Plate</i></p>	<p>Reservations for lunch are required by the Wednesday of the week BEFORE. Call Lynn @ 886-8669 Ext. 5 Suggested donation is \$3.00 per meal.</p>	<p>Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¼ cup Vegetable – ¾ cup Dairy – 1 cup <i>*= Alternate Meal</i></p>



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JULY 2019: 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

Cyber Seniors will continue in July & August. Sign up for one hour slots at 9, 10,11 or 12 p.m. Registration required - contact Charlotte @ 886-8669 ext. 1

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.

Bridge 9:30-12:00 pm Game room

Bingo! 1:00 - 3:00 p.m. in the gym. A set of bingo cards is \$3. A bingo marker is \$1.50.

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

Tuesdays

Pickleball Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym. Call Charlotte for details.

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

Bring-Wing-Sing 2:00—3:30 pm Jeanne Chesnowitz leads this group. The class is a combined ukulele/sing along using your instruments. Classes are free. Register with Charlotte 886-8669 ext. 1.

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

Mahjong 1:00-3:00 Sandra Kettle organizes this ancient game of skill, strategy, calculation and luck. Participants must have prior knowledge of the game. Pre-registration is required. Contact Charlotte @ 886-8669 ext. 1

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)

Chess/Checkers Club 1:00-2:00 p.m. Come by for a game or learn how to play! All levels of skill are welcome. Call Charlotte for details.

Wednesdays

Cyber Seniors will continue in July & August. Sign up for one hour slots at 9, 10,11 or 12 p.m. Registration required - contact Charlotte @ 886-8669 ext. 1

Yoga YMCA instructor Maria Sailant teaches Yoga from 8:45 - 10:00 a.m. in the dining room. All levels are welcome. Participants must supply their own mat. (\$2 M / \$3 NM)

Wednesdays continued

Pickleball Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym.

Art Class Drawing and Painting from 10:15 a.m. - 12:00 p.m. Come join this fun group led by Jeannine Anderson. All levels of skill are welcome. Participants supply their own materials. (\$2 M /\$3 NM).

Philosophy Club Join Bob Houghtaling for a lively discussion on philosophical topics. Meets twice a month on Wednesdays. This month will be July 3rd & 17th from 9-10:30 a.m. No registration req.

Hi Lo Jack Tournament 1:00 - 3:00 p.m. Participants must have experience playing by league tournament rules. Fee is \$1 per week. Pre-registration is required. Contact Charlotte.

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. (\$2M/\$3 NM)

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

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 Marjyo Greig 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 Friday

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

Wednesdays

- Transportation to Dave's Market

Thursdays

- Transportation to Stop & Shop

Fridays

- Day trips and retail shopping

Grocery Shopping

Shoppers are allowed 6 reusable canvas shopping bags.

***North Kingstown is no longer using plastic shopping bags.**



Shopping & Trips:

The fee is \$2 a trip or a monthly bus pass for \$10.

**Shopping: Wednesdays 1 p.m.
July 3, 10, 17, 24, 31:**

Dave's Plaza N.K.

**Shopping: Thursdays 9 a.m.
July 11 & 25 Friday July 5 & 19:**

Stop & Shop Frenchtown Rd

Friday Trips:

• **July 5th: Stop & Shop 9 am**

• **July 12th: Goddard Park Farmers' Mkt. & Four Brothers' Pizza 10am**

• **July 19th: Stop & Shop 10 am**

• **July 26th: N.K. Walmart & Gregg's Restaurant 10 am**

Thursday Trip:

July 18th: Wright's Farm 10 am