



EAST GREENWICH

COMMUNITY CENTER NEWSLETTER

Volume 15 • No. 3

March 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.



From the Senior Center Manager: Our Valentine's Day Luncheon was a huge success! Over 100 seniors attended and enjoyed music while feasting on prime rib! Come and enjoy our next coffee chat which will be on March 1st. At 10:00 a.m. I hope to see you there!

St. Patrick's Luncheon Thursday March 14th at noon. Tickets are on sale through March 6th or until sold out. Tickets are a suggested \$3.00 donation and must be purchased at Swift Community Center.

Community Health Fair: March 13th from 4-8pm at the Swift Community Center. Stop by and visit 30 booths on health and wellness! Attend mini workshops and see demonstrations. Transportation will be available from 4-6 pm. Contact Charlotte @ 886-8669 ext. 1 for details. No registration required and admission is free!

Games, Games, Games! The East Greenwich Rotary made a donation to the Senior Center to provide us with a selection of games to enjoy! We now have checkers, chess, backgammon, dominoes, mancala, Yahtzee, ukuleles and tables to hold popcorn during movie days! Thank you so much for generous donation and support!

Pool Table: Our pool tables has been moved to the gym so that it will be easier for seniors to use. If you would like to play-drop by Charlotte's office for pool cues, balls, and times available.

Atria Dark Chocolate Dessert Dark chocolate can help stave off Alzheimer's. Join Atria Harborhill's resident chef for a delicious dark chocolate dessert while listening to Laurie Mantz discuss how to gather resources and gain support for individuals with all forms of memory loss. March 12th @ 12:30. Reservations required by March 6th. Contact Charlotte @ 886-8669 ext. 1.

Presentation: "Common Mistakes in Estate Planning" Important considerations to protect yourself and provide for your loved ones—hosted by Estate Planning Attorney Samantha McCarthy March 6th from 1-2 p.m.

Movie of the Month We will show a free movie at Swift on Friday, March 1st at 1:00 p.m. Reservations are not required. Contact Charlotte the week before to find out the movie title. We hope that you can join us!

Free Income Tax Assistance Volunteers trained by AARP Tax Aide will be available at Swift. This is a free service for seniors and low income residents. Appointments will be offered on Wednesday mornings through April 10th. Reservations are required (no walk-ins will be seen). Please contact Charlotte at 886-8669 ext. 1

Inclement Winter Weather Policy: If any Senior Services are cancelled a recorded message will be left our phone— 886-8669.

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.

EG Residents Tax Exemption Check-In: Community Resource Manager Rachel Longo will be hosting an informational workshop on March 6th from 11am -12pm to help seniors understand all of the local tax exemptions available to them (motor vehicle, veteran status, property taxes). The town's Tax Assessor's Aid will be present to answer questions and help seniors apply for exemptions. Contact Rachel @ 886-8669 ext. 4 to sign up.

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.

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. Appoints are required. Contact Rachel at rlongo@eastgreenwichri.com or 886-8669 ext. 4.

Philosophy Club: Bob Houghtaling will lead this fun group twice a month on Wednesdays– this month it will be on March 13th & 27th from 9-10:30 a.m. ***Please notice new times!*** No registration required.

Tell Me A Story: Come and share stories with Bob Houghtaling and other Veterans. Anyone is welcomed! This group meets the last Wednesday each month. This month it will be on March 20th from 10-11 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 March 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 March 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.

All Nurse Clinics include blood pressure and heart rate checks:

March 1st from 10am-11:45am: Amy Craig from WellOne of North Kingstown

March 7th from 10:30am-12pm: Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

March 19th from 12:30pm-2pm: Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services. Tests for blood sugar are available for \$1. Cholesterol tests are available for \$5.

March 27th from 12:15pm-1:15pm: Kathryn Holz, a registered nurse with All American

East Greenwich Community Center Newsletter

Book of the Month Club The East Greenwich Library Book Group will be meeting on March 25th from 1:30 – 2:30 at the library to discuss *An American Marriage: A Novel* by Tayari Jones. Ten copies of the book will be available at the front desk of the library beginning Monday, February 25th. New members are welcome!

Coming in April: AARP Tax Service (See front cover for details)

Wickham Park Tour: Recreation Adult and Senior Trip. April 23rd 9-2pm: Departs Frenchtown Park's Parking Lot. Fee \$5.00. Bring a picnic lunch to enjoy at the park. Refund deadline: 4/16/19 Preregistration required. Sign up at the Recreation Office. Call 886-8626, ext. 1 for additional information on this trip and trips planned for May 14th -Kinney Azalea Garden and June 11th -Rotch-Jones-Duff House & Garden Tour.

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 Charlotte @ 886-8669 ext. 1.

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 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.
***North Kingstown is no longer using plastic shopping bags-plan accordingly.**

Rhode Island School of Design Museum & lunch at Greenwood Inn: March 22nd. Pick up at 10 am and return after lunch at approximately 3 pm. Admission pay at door \$12 for seniors, bus fee \$1.00, and lunch on own. Space is limited – reserve your spot with Maryjo at 886-8669 ext. 3

Wednesdays: March 6th, 13th, 20th, & 27th:
Dave's Market Plaza-Quonset, North Kingstown
Shopping from 1:00 to approximately 3:00 p.m.

Thursdays: March 7th, 21st, & 28th Also Friday March 15th @ 9 am
Stop & Shop, Frenchtown Road, North Kingstown
Shopping from 9:00 to approximately 10:30 a.m.

Friday Trips:

March 1st: N.K. Walmart pick up at 10 a.m.

March 8th: Warwick Mall & Food Court pick up at 10 a.m.

March 15th: **Stop & Shop pick up at 9 a.m.**

March 22nd: Rhode Island School of Design Museum & lunch at Greenwood Inn pick up at 10 a.m.

March 29th: Hobby Lobby, Price Rite & Trader Joe's Plaza 10 a.m.



MARCH 2019: LUNCH MENU

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

<p>Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¼ cup Vegetable – ¼ cup Dairy – 1 cup</p> <p><i>*Alternate Meal</i></p>	<p>WESTBAY COMMUNITY ACTION</p> <p>Founded in part by the U.S. Administration of Aging (AOA) and state funds through the RI Division of Elderly Affairs. Our meals are prepared by Encore Catering of Warwick, RI. Please call Jennifer Veltri, Westbay CAP at (401) 732-4660 Ext 325 with any questions or comments.</p>			<p>1</p> <p>Cream of Broccoli Soup Honey Glazed Chicken Potato Salad Sliced Carrots</p> <p><i>*Egg Salad on Wheat</i></p>
<p>4</p> <p>Lentil Soup Sloppy Joe on Wheat Roll Three Bean Salad Sliced Roasted Potato</p> <p><i>*BLT on Wheat</i></p>	<p>5</p> <p>Escarole and Bean Soup Wheat Pasta Bolognese Tossed Salad Italian Bread</p> <p><i>*Turkey & Swiss on Wheat</i></p>	<p>6</p> <p>N.E. Clam Chowder Fish Bake w/Red Sauce Carrot Salad Brown Rice Pilaf</p> <p><i>*Italian Grinder</i></p>	<p>7</p> <p>Tomato Soup Open Turkey Sandwich Gravy, Stuffing Mashed Potato</p> <p><i>*Sausage & Pepper Sandwich</i></p>	<p>8</p> <p>Minestrone Soup Stuffed Shells Caesar Salad Breadstick</p> <p><i>*Tuna Salad Plate</i></p>
<p>11</p> <p>Split Pea Soup BBQ Pulled Chicken on Wheat Cole Slaw</p> <p><i>*Chef Salad</i></p>	<p>12</p> <p>Cottage Cheese w/ Peaches Scrambled Eggs Ham Hash w/Potatoes Whole Grain Waffle w/ Syrup</p>	<p>13</p> <p>Vegetable Noodle Soup Sweet Teriyaki Beef Garlic Noodles Egg Roll</p> <p><i>*Chicken Salad on Wheat</i></p>	<p>14 ST. PATRICK'S DAY MEAL</p> <p>Potato & Leek Soup Corned Beef w/Cabbage, Carrots & Potatoes Irish Soda Bread Holiday Dessert</p>	<p>15</p> <p>White Bean Soup Fish Cake w/Sauce Mixed Veg Brown Rice Salad</p> <p><i>*Meatball Grinder on Wheat Roll</i></p>
<p>18</p> <p>Cream of Mushroom Soup Chicken Cacciatore Pasta Salad w/Veggies Garlic Bread</p> <p><i>*Ham & Provolone on Wheat</i></p>	<p>19 ST. JOSEPH'S DAY MEAL</p> <p>Italian Wedding Soup Beef Bracciale Mashed Potato Mixed Veg Wheat Roll Zeppole</p>	<p>20</p> <p>White Bean Soup Roasted Chicken Drumstick Greek Cucumber Salad Wild Rice</p> <p><i>*Pastrami Rubeen on Rye</i></p>	<p>21</p> <p>Chicken & Escarole Soup Meatball & Pepper on Wheat Potato Salad Chips</p> <p><i>*Cobb Salad</i></p>	<p>22</p> <p>Fruit Cup Vegetarian Chili Roasted Zucchini Whole Grain Corn Bread</p> <p><i>*Seafood Salad Plate</i></p>
<p>25</p> <p>Kale and Bean Soup Shepherd's Pie Mashed Potato Whole Grain Biscuit</p> <p><i>*BBQ Chicken Sandwich</i></p>	<p>26 BIRTHDAY PARTY MEAL</p> <p>Mushroom Barley Roasted Pork Loin w/ Gravy Sweet Potato Hash Baby Carrots</p> <p><i>*Roast Beef Club on Wheat</i></p>	<p>27</p> <p>100% Fruit Juice Chicken w/ Gravy Stuffed Pepper Tomato & Cheese Focaccia</p> <p><i>*Turkey & Provolone on Wheat</i></p>	<p>28</p> <p>Chicken & Vegetable Soup Pot Roast w/Gravy Mashed Potato Green Beans</p> <p><i>*Tuna Salad on Wheat</i></p>	<p>29</p> <p>Red Clam Chowder Fish and Chips Cole Slaw Whole Grain Cornbread</p> <p><i>*Cheeseburger on Wheat</i></p>



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MARCH 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

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 \$2.

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

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. Exercises help maintain muscle strength, stamina and balance using weights-which are provided. Instructor: Jill Saint. (\$2 M / \$3 NM)

Tuesdays continued

Mahjong 1:00-3:00 Sandra Kettelle 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)

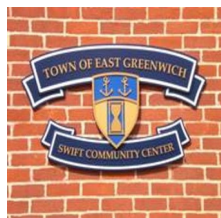
Knitting & Crocheting 1:00-3:00 p.m. in the T.V. Room. Participants supply their own materials. All levels of skill are welcome and if needed Noelle Bassett will assist beginners. Free!

Wednesdays

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)

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 March 13th & 27th from 9-10:30 a.m. No registration required. ***Please notice the new times!***



Wednesdays continued

Tell Me A Story You are invited to join a gathering of other Veterans to share stories and like experiences. Bob Houghtaling will lead this group on the last Wednesday of every month this month –March 20th from 10-11am No registration required.

Hi Lo Jack Tournament
Wednesdays 1:00 - 3:00 p.m. Participants must have experience playing by league tournament rules. The fee is \$1 per week. Pre-registration is required, please 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. (\$2 M / \$3 NM)

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

Ukulele/Guitar/Singing Group
Jeanne Chesnowitz leads this group on Fridays from 1:00-2:30 p.m. The class is a combined ukulele/guitar/sing along using musical instruments. Attend one or both sections. Classes are free and if you don't have a ukulele— we have a few that can be borrowed. Register with Charlotte @ 886-8669 X 1.

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 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

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.

- **March 6, 13, 20, & 27:**
Dave's Plaza North Kingstown

Shopping: Thursdays 9 a.m.

- **March 7, 21 & 28:**
Stop & Shop Frenchtown Rd

Friday Trips:

- **March 1st: N.K. Walmart 10am**
- **March 8th: Warwick Mall & Food Court 10 am**
- **March 15th: Stop & Shop 9 am**
- **March 22nd: R.I. School of Design Museum & Greenwood Inn 10 am**
- **March 29: Hobby Lobby, Price Rite, Trader Joe's Plaza 10 am**

