



EAST GREENWICH

SENIOR CENTER NEWSLETTER

Volume 16 • No. 1

January 2020

THE SENIOR
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



**The Center will close at noon on December 31st
and ALL day on January 1st.
We will also be closed on January 20th**

From the Senior Center Manager: *Happy New Year!* December went by incredibly fast! We had our holiday luncheon, a holiday performance and sign-along by Cole Middle School, and we started our new walking club to get ready for some of our New Year's resolutions! The weather doesn't have to stop you from walking when you use our gym on designated days and times. Our coffee chat brought some delicious pastries and some new suggestions for the center. Why not join us at our next coffee chat on February 7th @ 10:00 a.m.?

Valentine's Day Luncheon Thursday February 13th at noon.

Tickets will be on sale starting January 8th through February 5th or until sold out. Tickets are a suggested \$3.00 donation and must be purchased at the Senior Center.

Free Income Tax Assistance Volunteers trained by AARP Tax Aide will be available at Swift at the beginning of February. This is a free service for seniors and low income residents. Appointments will be offered on Wednesdays from February 5th-April 8th. Reservations are required (no walk-ins will be seen) and will be accepted starting January 2nd. Please contact Charlotte at 886-8669 ext. 1. Please bring a social security card and photo ID for all individuals listed on the tax return, as well as all tax documents and last year's tax return.

New! Walking Club: Make every step count! Did you know that if you do one lap around the gym, it is approx. 100 steps and that there are 2,500 steps in a mile? Why not drop by and use the gym to do your walking (at your own pace) during these cold months? It's free and open Mondays, Wednesdays, and Thursdays from 11:00-11:30 a.m.

Book of the Month Club The East Greenwich Library Book Group will meet on January 27th at 1:30 p.m. to discuss *The Memory of Running* by Ron McLarty. Copies will be available December 30th at the library. New members are welcome!

Inclement Winter Weather Policy: Senior Services will post cancellations on local television stations (Channel 6, 10, and 12). A recording will also be listed on Charlotte's voicemail @ 886-8669 x1.

Cyber Seniors— Sessions will begin again on January 27th on Mondays 9-12 p.m. Registration required. Please contact Charlotte @ 886-8669 Ext. 1.

East Greenwich Senior Center Newsletter

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

Sand Buckets The East Greenwich Rotary Club and the Department of Public Works are providing one 5 gallon bucket of salt and sand mix to East Greenwich residents (ages 60 and over who do not reside in a housing authority property) to help with snow this winter. Residents who participated in the program in 2019 can have their bucket refilled or receive a new bucket if they do not have the original bucket. Pre-registration is required. The registration deadline is Friday, January 10th. Please contact Charlotte at 886-8669 ext. 1. Buckets are limited, early registration is encouraged. The Rotary Club will deliver the buckets to residences through the end of January.

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.

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 are from 9:30-11:30 a.m. Contact Bob @ 230-2246 to make an appointment.

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@estgreenwichri.com or 886-8669, ext. 1.

WE NEED YOU! 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.

Movie of the Month We will show a free movie at Swift on Friday, January 3rd @ 1:00 p.m. Reservations are not required. Contact Charlotte the week before to find out the movie title. We hope that you will join us!

Atria Harborhill invites anyone who would like to play bridge to join them every Tuesday from 9-11:30 a.m.



All Nurse Clinics include blood pressure and heart rate checks:

January 3rd from 10a.m.-11:45a.m. : Amy Craig from WellOne of North Kingstown.

January 9th from 10:30a.m.-12p.m. : Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

January 21st from 12:30p.m.-2p.m. : Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services.

January 29th from 12:15p.m.-1:15p.m. : A registered nurse with The Seasons Assisted Living.

JANUARY 2020: 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

New! Walking Club: Make every step count! Did you know that if you do one lap around the gym, it is approx. 100 steps and that there are 2,500 steps in a mile? Why not drop by and use the gym to do your walking (at your own pace) during these cold months. It's free and open Mondays from 11:00– 11:30 a.m.

Learn French: 10:00-11:00 a.m. Jeannine Anderson will lead this group. If you want to learn the basics or engage in a conversation in French. Come and enjoy a touch of France! All materials provided. Register with Charlotte 886-8669 ext. 1.

Cyber Seniors Mondays -Sign up for one hour slots from 9-12 p.m. Registration required - contact Charlotte @ 886-8669 ext. 1

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

Mondays continued

Bridge 9:30-12:00 p.m. In the game room

Sit to be Fit Exercise 1:00 - 2:00 p.m. 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)

Mahjong 1:00-3:00 p.m. 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 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)

Wednesdays

New! Walking Club: Wednesdays from 11:00– 11:30 a.m. See description under Monday headings.

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)

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 continued

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 Jan 8th & 22nd 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 @ 886-8669 ext. 1.

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)

New! Walking Club: Thursdays from 11:00– 11:30 a.m. See description under Monday headings.

Fridays

Cribbage 9:00– 12:00 p.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—3:15 p.m. in the game room. Participants must have a basic knowledge of the game.

JANUARY 2020: LUNCH MENU

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



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| <p><i>Protein – 3 ounces (cooked)</i> <i>Grain – 2 ounces</i> <i>Fruit – ¼ cup</i> <i>Vegetable – ¾ cup</i> <i>Dairy – 1 cup</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. * = <i>Alternate Meal</i></p> | <p>1 Meal Sites Closed</p> | <p>2 Minestrone Meatball Stroganoff Mashed Potato Wax Beans *Turkey Club on Wheat</p> | <p>3 Lentil Soup BBQ Chicken Sandwich Cole Slaw Sliced Carrots *Roast Beef on Bulkie Roll</p> |
| <p>6 Split Pea Soup Chicken Stew Mashed Potato Whole Grain Roll *BLT on Wheat</p> | <p>7 Escarole & Bean Soup Pepper Steak Rice Pilaf Cauliflower *Greek Salad w/Chicken</p> | <p>8 Vegetable Barley Soup Ravioli w/Meat sauce Tossed Salad Italian Bread *Seafood Salad on Wheat</p> | <p>9 Chicken Soup Sausage w/Peppers and Potato Spinach Whole Wheat Roll *Chef Salad</p> | <p>10 White Bean Soup Chicken & Rice Roasted Zucchini *Tuna Salad on Wheat</p> |
| <p>13 Cream of Broccoli Soup Thanksgiving Sandwich w/ Cranberry Sauce, Gravy & Stuffing Green Beans *Meatball Grinder</p> | <p>14 Mushroom Barley Soup Spaghetti and Meatballs Caprese Salad Whole Wheat Roll *Chef Salad</p> | <p>15 Fresh Fruit Salad Fish Stew Tomato Salad Whole Grain Cornbread *Pastrami Rueben on Rye</p> | <p>16 Navy Bean Soup Pub Burger on Whole Wheat Roll Brussel Sprouts Pasta Salad *Sausage & Pepper Sandwich</p> | <p>17 Kale and Bean Soup Breaded Chicken Thigh w/ Gravy Mixed Vegetable Wild Rice (WG) *Cobb Salad</p> |
| <p>20 Meal Sites Closed</p> | <p>21 Tomato Soup Chicken and Potato Ragu Baby Carrots Whole Wheat Roll *Ham & Provolone on Wheat</p> | <p>22 Minestrone Soup Pork Chop with Red Sauce Mashed Cauliflower Broccoli *BBQ Chicken Sandwich</p> | <p>23 Italian Wedding Soup Liver and Onions Sweet Potato Peas & Onions *Italian Grinder</p> | <p>24 CHINESE NEW YEAR MEAL Vegetable Noodle Soup Chinese BBQ Ribs Vegetable Lo Mein Eggroll *Seafood Salad Plate</p> |
| <p>27 Cream of Mushroom Soup Baked Manicotti Mixed Vegetable Italian Bread *Cheeseburger on Wheat</p> | <p>28 Fruit Salad Beef Stew Tossed Salad Biscuit *Chicken Cesar Salad</p> | <p>29 Red Clam Chowder Fish Cake French Fries Cole Slaw *Egg Salad Plate</p> | <p>30 BIRTHDAY PARTY Chicken and Escarole Soup Pot Roast w/Gravy Green Beans Mashed Potato *Turkey and Swiss on Wheat</p> | <p>31 Venus de Milo Soup Chicken Enchiladas Rice & Beans *Tuna Club on Wheat</p> |



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www.stelizabethcommunity.org
 Call **401-471-6060**

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

Valentine's Luncheon February 13th (see front cover for details)

St. Patrick's Luncheon tickets will go on sale February 10th

R.I. Red Cross Blood Drive February (day to be determined)

TRIPS: The Senior Center 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 home. 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: January 8, 15, 22, & 29

Drop off at Dave's Market Plaza-Quonset, N.K. **OR** Stop & Shop, Frenchtown Road, N.K.
Shopping from 1:00 p.m. to approximately 3:00 p.m.

Thursdays: January 2, 9, 16, 23, & 30

Drop off at Stop & Shop, Frenchtown Road, N.K. **OR** Dave's Market Plaza-Quonset, N.K.
Shopping from 9:00 a.m. to approximately 10:30 a.m.

Special Trips: Roger Williams Park Zoo Botanical Gardens January 3rd @ 10:30 a.m. \$2.00 admission. Lunch on own @ Gov. Francis Inn. Register with Maryjo 886-8669 ext. 3

January 3: Roger Wms. Botanical Gardens & Gov. Francis Inn 10:30 a.m.

January 10: Coventry Walmart & Olde Theater Diner 10:00 a.m.

January 17: Warwick Mall Target & Food Court 10:00 a.m.

January 24: Savers & Olive Gardens 10:00 a.m.

January 31: Ann & Hope Outlet & Greenwood Inn 10:00 a.m.

CHARLOTTE, MARYJO & LYNN WISH YOU A HAPPY NEW YEAR!



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 **OR** Stop & Shop 1 p.m.

Thursdays

- Transportation to Stop & Shop **OR** Dave's Market 9 a.m.

Fridays

- Day trips and retail shopping

Grocery Shopping

Shoppers are allowed 6 reusable canvas shopping bags.

Shopping & Trips:

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

Shopping: Wednesdays 1 p.m.

January 8, 15, 22, & 29

Dave's Market **OR** Stop & Shop

Shopping: Thursdays 9 a.m.

January 2, 9, 16, 23, 30

Stop & Shop **OR** Dave's Market

Special Trips:

Jan 3: Botanical Gardens & Gov. Francis Inn -pick up 10:30 a.m.

Jan 10: Coventry Walmart & Olde Theater Diner– pick up 10:00 a.m.

Jan 17: Warwick Mall Target & Food Court- pick up 10:00 a.m.

Jan 24: Savers & Olive Gardens - pick up 10:00 a.m.

Jan 31: Ann & Hope Outlet & Greenwood Inn –pick up 10:00 a.m.

January