



EAST GREENWICH

SENIOR CENTER NEWSLETTER

Volume 16 • No. 8

September 2021

THE SENIOR
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

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**If you would like to register
for a 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/)



**September 6th
Senior Center Closed**

Senior Center Closed Monday September 6th

From the Senior Center Manager: We are so happy to be back doing what we love the most—servicing our seniors! Inside you'll find new programs and trips that we are sure you will love. If you have any suggestions for anything you'd like to see—give me or Roberta a call. Our extensions have recently changed so please refer to the list on the left side of this page for the new contact information. We look forward to welcoming in the Fall with you—so come join the fun!

Reminder: We have made a change with our memberships. There will no longer be a \$5.00 fee to join! Membership is *free* and classes will now be \$2.00 for residents and \$3.00 for non-residents.

AAA Defensive Driving Program will be offered at Swift on Friday, September 17th from 1:00 - 4:00 p.m. Successful completion of the course qualifies those 55 and older for a discount on auto insurance. The Program is free of charge and no "Behind-the-wheel" driving involved. Register by calling Roberta @ 886-8669 ext. 1.

Walk With Ease Program: Walk With Ease is a free, six week walking program for anyone of any age or physical ability. This program sponsored by The R.I. Department of Health and created by the Arthritis Foundation is designed to increase balance, reduce pain, improve mental health, flexibility and overall physical health. Sign up at www.startwalkwithease.org/RIDOH (choose the "Self-Directed" tab) and receive your free Walking Guidebook. Pair this program with our new **Goddard Park Walk and Talk 55+** program for camaraderie and encouragement among walkers for optimum outcomes. For more information or if you need help registering, contact Roberta at 886-8669 ext. 1.

Blood Pressure Checks: We will have blood pressure checks September 21st from 12p.m. – 2 p.m. No need to register, just come in that day and put your name on the list to meet with Rhonda.

Caregiver Support Group: 3rd Friday of every month. Contact Deb Burton (401-585-0509 or deb@rielderinfo.com) for information or to register.

The Mather Institute offers free telephone or Zoom exercise classes and programs. Check out this link for their September calendar: <https://www.mather.com/wp-content/uploads/2021/07/SEPTEMBER2021>

Volunteers needed! We can't run the senior center without our volunteers. We need assistance with our Bingo on Mondays and in the kitchen helping to serve. Contact Judy 886-8669 ext. 2 for details.

Instructor wanted to teach a beginner Mahjong class. If you or someone you know is interested in teaching a beginner Mahjong class, please contact Roberta at 886-8669 x1.

SENIOR PROGRAMS

As of August 17, 2021, masks are required for all indoor classes and activities. This may be updated in the future based on guidelines provided by the town leadership. Please check back frequently for updates.

Pickleball: Monday, Tuesday, Wednesday 9:30am. Where: Academy Field Basketball Courts Cost: **Free**
The group meets for impromptu games from late April until late October. Play a round, meet new friends and enjoy the outdoors! Racquets and balls available at the senior center if needed.

Indoor Walking Club: Mondays: 3:00-4:00pm, Tuesdays: 3:00-4:00pm, Wednesdays: 3:00-4:00pm, Thursdays: 2:00-3:00pm, & Fridays: 2:00-3:00pm. Where: Swift Gym Cost: **Free**
Make every step count! Did you know that if you do one lap around our 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 upcoming warm months.

Sit to be Fit: Mondays, 1:00-2:00pm. Cost: \$2.00 Residents/\$3.00 Non-residents. Instructor: Susanna Bodell
With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

Yoga: Tuesdays, 8:45-9:45am. Cost: \$2.00 Residents/ \$3.00 Non-residents. Instructor: Linda Morse
You will experience the basics fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. All levels are welcome. Participants must supply their own mat.

Stretch and Tone: Tuesdays, 10:00-10:45am **OR** Wednesdays, 11:00-11:45am. Cost: \$2.00 Residents/ \$3.00 Non-Residents. Instructor: Daryl Brazo
These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

Meditation: Thursdays, 11:00-12:00pm. Cost: \$2.00 Residents/\$3.00 Non-Residents. Instructor: Linda Morse. Come to this relaxing program and learn about the health and wellness benefits that can be gained from this age old practice. No prior experience needed. Wear comfortable clothing and feel free to bring a yoga mat or cushion. The practice can be guided from a chair as well.

Country Western Line Dancing: Tuesdays, 1:00-2:00 pm. Cost: \$2.00 Residents/\$3.00 Non-residents. Instr.: Jackie Willsie.
This class will keep you moving to country western classics and hits. If you enjoy line dancing, you'll love this class!

Chair Yoga: Wednesdays, 1:00-2:00pm. Cost: \$2.00 Residents/ \$3.00 Non-residents
Instructor: Linda Morse. 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. Learn ways to move as well as breath techniques for your daily living.

Philosophy Club: Monthly on 2nd & 4th Wednesdays, 9:00-10:30am. Next Meetings September 8th & 22nd. Cost: **Free**
Instructor: Bob Houghtaling
You are invited to come and enjoy an interesting, thought provoking, and entertaining exploration of a myriad of philosophical topics. Be prepared to meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group.

Art Class: Wednesdays, 9:00-11:00am. Cost: \$2.00 Residents / \$3.00 Non-residents.
Instructor: Jeannine Anderson.

All levels are welcomed 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 supply their own materials.

Zumba: Thursdays, 1:00-2:00pm. Cost: \$2.00 Residents / \$3.00 Non-residents Instructor: Jackie Willsie
Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach you routines which incorporate interval training (alternating fast and slow rhythms) to help improve cardiovascular fitness.

Circuit Fitness: Fridays, 11:00-11:45am. Cost: \$2.00 Residents/\$3.00 Non-residents Instructor: Michelle Anderson
Low impact exercises mixed with upper body and lower body strength training. These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

SPECIAL SENIOR PROGRAMS

Outdoor Digital Photography 101: Need help figuring out how to use your smart phone camera or your digital device to take great outdoor pictures? Join professional photographer Steve McGrath for 5 sessions of basic “how to use” your digital device. Bring your SMART phone, I-pad, or other digital device on Friday mornings from 9-10:30AM. Class runs September 17, 24, and October 1, 8, & 15th. Location: Swift Gym and off-site locations to be determined. Cost: FREE! Registration required. Contact Roberta at 886-8669 ext. 1.

Goddard Park Walk and Talk 55+:

This drop-in group is being organized for anyone one 55+ interested in making new friends, beautiful scenery and getting more exercise. Goddard Park a safe place for walking and the emphasis will be on healthy exercise and socialization, so anyone looking to get outside and in better shape is welcome to join. Starting September 13th, we will meet on Monday mornings at 8:30AM at the parking lot behind the check-in station. Be sure to wear good walking sneakers. Cost: Free

Like A Chef: Ever wonder how professional chefs create such delicious meals? Why not find out by taking a culinary journey where you will learn, prepare, and devour a *Taste of Italy*. Hosted at the local Taste Buds Kitchen in East Greenwich, spend a mouthwatering morning learning how to make Eggplant Parmigiano, Risotto and Cannoli and then enjoy your creations for lunch (and take the left-overs home). Tuesday September 21, 10AM. Cost is \$49 per person. Minimum participants 5. Reservation and cash payment due by Tuesday September 7, 2021.

SENIOR CARD GAMES & PROGRAMS

BINGO: Mondays, 1:00-3:00pm. A set of Bingo cards is \$3.00. A bingo marker is \$1.50.

Bridge: Mondays, 9:00-12:00pm. This entertaining card game combines strategy and skill to beat your opponents.

Scrabble: Tuesdays, 9:30-11:30am. Come and join fellow “wordsmiths” for some fun!

Hi Lo Jack: Wednesdays, 1:00 -3:00 pm. Participants must have experience playing by league tournament rules. Fee is \$1 per week.

Chess: Wednesdays, 9:00-11:00am. Come by for a game or learn how to play! All levels and skills are welcomed. Register with Roberta @ 886-8669 ext. 3.

Computer Room: The computer room is open 8:30-4:30 weekdays to use for computer/internet connections.

Cyber Seniors: Thursdays, 9:00-12:00pm This one-on-one time with a U.R.I. student can help you with most any technology questions.

Mahjong: Mondays 1-3 pm **and/or** Thursdays, 9:00-12:00pm. This tile-based game was developed in the 19th century in China.

T.O.P.S. (Take Off Pounds Sensibly): Thursday weigh-ins, 9:00-10:00am. Conference Room.

Knitting: Fridays, 9:00-11:00am. Cost: **Free!** Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function, and improved health through social contact. Come and join your new circle of friends. All levels are welcome.

Quilting: Second Friday of every month. This month— September 10th, 1:00-3:00pm. Cost: **Free!** Share your passion for fabric, sewing, and color. Discover an array of aesthetics and skill levels among the group.

Cribbage: Fridays, 9:30-11:30am. This card game that descended from England is fun and challenging!

Canasta: Fridays, 12:00-3:00pm. The card game resembles rummy- but uses two decks. Players must have a basic knowledge of the game.

UPCOMING SENIOR TRIPS

***SEATING IS LIMITED ON ALL TRIPS CONTACT: ROBERTA DOWDING 886-8669 ext. 1**

Chevy's Shack: *Friday, September 10th*— **Sold Out**

New England Patriot's Hall of Fame: *Friday, September 24th*— **Cost: \$10 + lunch Sold Out/ Waitlist**

Olde Mystic Village: *Friday, October 8th*— A shopping and dining destination adored by visitors and locals alike, Olde Mystic Village is overflowing with quaint shops, with locally made gifts and fabulous eateries. Spend the day wondering about shopping and dining at your leisure. The bus transports you to and from so you can relax and enjoy the ride. Minimum participants 8. ***Lots of walking required.***

Departs: Swift 9:30am>Returns 3:30pm(approx.) Cost: \$2 pp + Reservations required by Friday October 1st

Apple Palooza: *Friday, October 22th*- Come with us to Pippin Orchard located in Cranston. From the moment you walk through their front door, the smell of fresh apples, apple donuts and pies fill the air! Locally made goods stock their shelves and the honey, ciders and syrups are all made onsite at the orchard. We also have the perfect size pumpkin for your table. Afterwards, we will stop at a local restaurant for lunch (location to be determined).

Moderate walking required.

Departs: Swift 10:00am- Return: 2pm (approx.) after lunch. Cost: \$2 plus lunch. Reservations due by September 10th.

The Windows of Grace Episcopal Church in Providence: *Friday, November 5th*- **Cost: \$2 + donation and lunch. Sold Out/ Waitlist**

Pequot Museum & Research Center: *Friday, November 19th*-Owned-and-operated by the Mashantucket Pequot Nation, the Museum and Research Center brings the tribal nation's history to life with the use of multi-sensory dioramas and exhibits. Our guided tour will help us to better appreciate the Mashantucket Pequot Tribal history along with the deep natural and culturally rich history of the northeast region's Native American people. We will also be learning about Thanksgiving and the facts vs. fiction of this holiday. Lunch at a nearby restaurant afterwards.

Lots of walking required.

Departs: Swift 9am- Return: 3:30 Cost :\$21 includes tour and transportation, plus lunch. Reservations and payment due by October 8th. Minimum 10 ppl

Clouds Hill Museum at Christmas: *Monday, December 6th*— Step back in time and experience a Victorian Christmas. Our guided tour will narrate the history of the private home that has remained in the same family since it was built in 1877. The first floor is handicap accessible, second floor is not. Video is available for second floor tour—please indicate when making reservation if you want to watch the video versus in person tour. ***Lots of walking and stairs.***

Departs: Swift 10:15am— Return: 2pm (approx.) Cost : \$13 includes tour and transportation. Reservations and payment due by November 29th.

A Christmas for Carol: *Thursday, December 16th*: Travel to the Newport Playhouse and enjoy not only the world premiere of a Comedic Christmas Farce “*A Christmas for Carol*”, but also a spectacular buffet lunch and a cabaret too! Upon arrival we will partake in a hearty lunch buffet including hot and cold options of main entrees, side-dishes, homemade dessert and beverages. After lunch, watch this not so traditional Christmas play. The main character Carol remembers the true meaning of Christmas- with the help of her friend's and co-worker's wacky office hijinks and pranks. Lastly, after the play we return to the dining room for a song filled cabaret. ***Moderate walking.***

Departs: Swift 10:15am-Return 5:30pm (approx.) Cost: \$58 includes transportation, buffet lunch, play and cabaret. Payment and reservation required by November 1st. Limited seating on the bus -sign up early!

