



EAST GREENWICH SENIOR SERVICES NEWSLETTER

Volume 17 • No. 6

June 2022

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

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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:

Happy Father's Day to all fathers and grandfathers! I hope you have a great Father's Day! Please review the newsletter for information about programs, lunch and trips. Please contact our Department if you have any questions or would like to register for a program. - *Erin*

Monthly Movie •

We will show a movie on the first Friday of the month in the dining room at 1:15 p.m. The date for this month's movie is Friday, June 3rd. Due to our movie licensing agreement, we are not able to advertise the title of the movie, but you can contact Roberta by phone or email during the first week of each month for the name of the movie.

Father's Day Luncheon, Thursday, June 16, 2022 at noon •

Tickets for the Father's Day Luncheon will be on sale until Tuesday, June 7th or until sold out. The menu includes Chicken Soup, Pork Loin, Sweet Potatoes, Vegetables & Dessert. Please stop by Swift or call Judy at 886-8669, ext. 2. Tickets are a suggested \$3 donation per person.

Blood Pressure Checks • No registration required.

- A registered nurse from The Seasons will offer blood pressure checks on Friday, June 10, 2022 from 12:30 p.m. - 1:30 p.m.
- Lisa Steedman from Visiting Nurses Services of Home Health Services will offer blood pressure checks on Tuesday, June 14, 2022 from 12:30 p.m. - 2:00 p.m.

Ship Shape (Fitness for the Mind and Body) with Kathy Webster • Tuesday, June 7, 2022 from 2:30 p.m. - 3:30 p.m.

Cost: \$2 for residents / \$3 for non-residents. Pre-registration and payment required by Friday, June 3, 2022. Please call Roberta at 886-8669, ext. 1. This one-time exercise class will offer stretching and strength training. Chairs will be used for balance. This class is being sponsored by Oak Street Health. Maximum # of participants: 30.

Summer Picnic, Thursday, August 18, 2022 •

We will be hosting a **Summer Picnic** at the East Greenwich Veteran Fireman's Club, located at 80 Queen Street, on Thursday, August 18, 2022 at noon. The comedy show **Ageing Disgracefully** starring Charlie Hall and Doreen Collins will be offered from 1:00 p.m. - 2:00 p.m. Tickets are \$5 per person and will go on sale at Swift on Tuesday, July 5, 2022. Maximum number of participants: 100.

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<u>Newsletter Insert</u> •	
Please review this month's insert for information about special programs and our trips policy.	

SENIOR INFORMATION

Volunteers needed! •

Our Department is in need of meal site volunteers. Volunteers usually donate hours one day per week from 11:00 a.m. - 1:00 p.m. Please contact Judy at 886-8669, ext. 2 if you would like to volunteer.

My Senior Center Scan Card •



If you do not have a scan card for My Senior Center, please stop by and the staff will make a card for you.

Newsletter Email List •



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

SPECIAL JUNE PROGRAMS

Oak Street Health Craft Workshops •

Thursdays, June 2 & 9, 2022 from 2:00 p.m. - 3:30 p.m. Instructor Maria Carnevale from Oak Street Health.

Cost: \$2 for residents per class / \$3 for non-residents per class. All craft materials supplied by instructor.

Registration and pre-payment are required. Please call Roberta at 886-8669, ext. 1.

June 2nd: Flower Pot - paint a small flower pot and then plant seeds.

June 9th: Summer Wreath - decorate a wreath with artificial flowers to brighten your front door.

Minimum # of participants: 5. Maximum # of participants: 15.

Visiting Nurse Home & Hospice Speakers Series Part 3: Grieving Loss - Coping with Life Changes •

Wednesday, June 8, 2022 from 1:30 p.m. - 2:30 p.m.

The loss of a loved one, or a cherished pet are the most obvious forms of grief. But did you know that having diminished eyesight, hearing loss, or mobility challenges can also cause you to have a grief response as you cope with these unwanted changes? Join us in a group discussion with a trained grief and loss specialist. This workshop will offer support and tools for managing change with coping skills for all stages of the grief process. Registration is required, call Roberta at 886-8669, ext. 1. Maximum # of participants: 15.

AARP Smart Driver Course •

Wednesday, June 22, 2022 from 1:30 - 5:30 p.m. \$20 for AARP members / \$25 for non-members.

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 Tuesday, June 14, 2022. To register, please contact Roberta at 886-8669, ext. 1. Maximum # of participants: 20.

Commonwealth Care Alliance •

Thursday, June 23, 2022 from 9:30 a.m. - 10:30 a.m. Pre-registration required by Monday, June 20, 2022.

Commonwealth Care is a non-profit provider and payor for Medicare. Their Mission is to improve the health and well being of people with significant needs by innovating, coordinating and providing high quality, individualized care. They are unique due to the fact that they offer Medicare, and Medicare/Medicaid insurance, and are also a provider. Over 80% of the staff is clinical in nature and give people the opportunity to be at home, healthy, and safe. Call Roberta at 886-8669, ext. 1 to register. Maximum # of participants: 15.

TRANSPORTATION

TO REGISTER FOR TRANSPORTATION OR FOR MORE INFORMATION,
PLEASE CONTACT ROBERTA DOWDING AT 886-8669 ext. 1.

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 application form on file. **Please contact Roberta Dowding at 886-8669, ext. 1 for an application 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 six.

JUNE 2022 TRANSPORTATION SCHEDULE

Schedule is subject to change.

Doctor & Dentist Appointments Only in East Greenwich •

Transportation is available on the following dates:

Monday, June 6, 2022 (Morning)
Tuesday, June 7, 2022 (Afternoon)
Monday, June 13, 2022 (Morning)
Tuesday, June 14, 2022 (Afternoon)
Monday, June 20, 2022 (Morning)
Tuesday, June 21, 2022 (Afternoon)
Monday, June 27, 2022 (Morning)
Tuesday, June 28, 2022 (Afternoon)

Grocery Shopping •

• **Stop & Shop on Quaker Lane/Cowesett Avenue in Warwick**

Wednesdays, June 1, 8, 15, 22, & 29, 2022. Pick-up begins at 1:15 p.m.

• **Dave's Marketplace in East Greenwich**

Wednesday, June 8, 2022. Pick-up begins at 9:00 a.m.

• **Dave's Marketplace in North Kingstown**

Friday, June 24, 2022. 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. Lunch transportation is not available on Fridays, June 3 & 17.

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 Roberta at 886-8669, ext. 1.

Retail Shopping •

Friday, June 10, 2022: Walmart in North Kingstown. Pick-up begins at 1:15 p.m.

PLEASE SEE PAGE 6 FOR INFORMATION ABOUT SPECIAL MONTHLY TRIPS

SPECIAL SUMMER & FALL PROGRAMS 2022

Older Adult Pedestrian Safety Presentation •

Wednesday, June 29, 2022 from 1:30 p.m. - 2:00 p.m.

Presented by Geraldine Almonte, a Clinical Research Assistant with Lifespan



Did you know that pedestrian deaths have increased over 50% since 2009? In 2019, the nation experienced 6,590 pedestrian deaths; the highest number in 30 years! Older adults (55 years and older) are at an even higher risk of pedestrian injury and death. The increases in our state and nation have occurred in this age group, not among children or teens. This presentation will address how to walk safely and avoid injuries. Tips will be offered such as when going on a walk, always wear visual and/or hearing aids and wear light or bright clothing during the day. To register or for more information, please contact Roberta at 886-8669, ext. 1. Minimum # of participants: 5. Maximum # of participants: 20.

Armchair Travel: The New Seven Wonders of the World •

Wednesdays, July 6, 13, 20 & 27, 2022 from 1:30 p.m. - 2:45 p.m. Presented by Marilyn Harris



Cost: \$10 for residents / \$15 for non-residents. Pre-registration and payment required by June 24, 2022.

In 2000 Canadian-Swiss Bernard Weber initiated a campaign to compile a modern list based on an internet poll of over 5 million people throughout the world. In this 4-week class we will visit (virtually, of course) the New Seven Wonders of the World. Registration is required, please call Roberta at 886-8669, ext. 1.

Minimum # of participants: 5. Maximum # of participants: 15.

Floral Arranging: Sunflower •

Friday, July 22, 2022 at 1:30 p.m.

Cost: \$21 per person. Pre-registration is required. Payment due by Thursday, July 14, 2022.



Presented by Sally Gruber, owner of Interactive Horticulture.

Helianthus annuus. Named after the Greek god of the sun, this proud member of the aster family is a favorite of many. Useful for decorative purposes as well a nutrition, this golden annual is grown throughout the world. Today, we celebrate the sunflower as we create a stunning floral centerpiece. Each student will receive a rustic terra cotta pot with an abundance of fresh flowers and greens. Purple Monte Casino, fuschsia dianthus and emerald ruscus set the tone for this dazzling seasonal arrangement. To register, please call Roberta at 886-8669, ext. 1. Minimum # of participants: 10. Maximum # of participants: 15.

Music Appreciation with Lloyd Kaplan & Tom Shaker: Songs of the Decades 1920 - 1950's •



Wednesdays, August 10, 17 & 24, 2022 from 1:30 p.m. - 2:30 p.m.

Cost: \$5 for residents / \$10 for non-residents. Pre-registration and payment required by July 29, 2022.

Join Lloyd Kaplan and Tom Shaker for the history behind some of the songs from the 1920's - 1950's. Participants will listen to songs and view photographs of musicians and musical performances. Registration is required, please call Roberta at 886-8669, ext. 1. Min. # of participants: 5. Max. # of participants: 15.

The British Invasion •

Wednesdays, September 7, 14, 21 & 28, 2022 from 2:00 p.m. - 4:00 p.m. Presented by Brett Morse



Cost: \$10 for residents / \$15 for non-residents. Pre-registration and payment required by August 26, 2022.

The British Invasion began in the United States in the mid-1960's, when rock and pop music and other aspects of British culture became popular. We will explore the very beginning of this invasion and its' impact on our culture. And most importantly, we will listen to great music and learn about the artists that made the invasion happen - The Beatles, The Rolling Stones, The Animals, The Kinks, The Dave Clark Five, The Yard Birds, The WHO, Petula Clark, Dusty Springfield and so many more. Join us as we listen and explore the impact of the British Invasion on our lives. Registration is required, please call Roberta at 886-8669, ext. 1.

Minimum # of participants: 5. Maximum # of participants: 15.

EXERCISE PROGRAMS

Pickleball • Seasonal Program

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

Location: Academy Field Basketball Courts

Impromptu games are offered until late October. Play a round, meet new friends and enjoy the outdoors! Racquets and balls available at Swift if needed.

Goddard Park Walk and Talk 55+ •

Mondays at 8:30 a.m., weather dependent.

Location: Parking lot behind the Goddard Park check-in station.

This drop-in group is for anyone 55+ interested in making new friends, beautiful scenery and getting more exercise. Goddard Park offers a safe place for walking and the emphasis will be on healthy exercise and socialization, so anyone looking to get outside and get in better shape is welcome to join. Be sure to wear good walking sneakers.

Sit to be Fit •

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

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

Cost: \$2 Residents / \$3 Non-residents

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

Yoga •

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

Location: Gym **Instructor:** Linda Morse

Cost: \$2 Residents / \$3 Non-residents

The basic 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 from 10:00 a.m. - 10:45 a.m.

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

Location: Gym **Instructor:** Daryl Brazo

Cost: \$2 Residents / \$3 Non-Residents

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

Chair Yoga • Tuesdays from 11:00 a.m. - 12:00 p.m.

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

Location: Gym **Instructor:** Linda Morse

Cost: \$2 Residents / \$3 Non-residents

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 •

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

Location: Gym **Instructor:** Jackie Willsie

Cost: \$2 Residents / \$3 Non-residents

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

Indoor Walking Club • (No Walking Club on 6/7)

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

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

Zumba • Thursdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Jackie Willsie

Cost: \$2 Residents / \$3 Non-residents

Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach routines that incorporate interval training. At the Frenchtown Recreation Building on 6/16.

Tai Chi Long Form Yang Style • [Spring Session Full]

6/2 - 6/30 (4 classes). No class 6/16.

SUMMER SESSION: 7/7 - 8/25 (8 classes)

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

\$16 Residents / \$24 Non-residents

Registration required. Please call Roberta at 886-8669, ext. 1. Payment required by June 24, 2022.

Location: Dining Room **Instructor:** Jane Gemma

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible, bones and muscles strong.

Circuit Fitness • Fridays from 11:00 a.m. - 11:45 a.m.

Location: Gym **Instructor:** Michelle Anderson

Cost: \$2 Residents / \$3 Non-residents

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

Computer Room •

The room is open Monday - Friday from 8:30 a.m. - 12:00 p.m. for computer use and internet connections.

Cyber Seniors •

Location: Computer Room

Private tutoring with a URI student will be offered in July and August. Schedule to be determined. Participants can register for 50 minute appointments, one day per week. Please call Roberta at 886-8669 ext. 1 to be placed on a waiting list. Once our Department confirms the days and times the student is available, we will contact you to schedule an appointment.

Art Class •

Wednesdays from 9:15 a.m. - 11:00 a.m.

Location: Dining Room

Instructor: Jeannine Anderson

Cost: \$2 Residents / \$3 Non-residents

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 •

2nd and 4th Wednesdays of the month:

Wednesdays, June 8 & 22, 2022

from 9:00 a.m. - 10:30 a.m.

Location: Game Room

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.

Caregivers Support Group •

Third Friday of every month, June 17, 2022 on Zoom from 10:00 a.m. - 11:00 a.m. Please contact Deb Burton at 401-585-0509 or deb@rielderinfo.com for more information or to register.

ACTIVITIES

Bridge • Mondays & Tuesdays from 9:00 a.m. - 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, June 13 & 27, 2022 from 1:00 p.m. - 3:00 p.m. in the gym. A set of bingo cards is \$3. A bingo marker is \$2. For more information, please contact Erin at 886-8669, ext. 3

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

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

Knitting • Fridays from 9:00 a.m. - 11:00 a.m. in the dining room. Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function and improved health through social contact. All skill levels are welcome.

Cribbage • Fridays from 9:00 a.m. - 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 p.m. - 3:00 p.m. in the game room. This card game resembles rummy, but uses two decks. Participants must have a basic knowledge of the game.

Quilting • Second Friday of the month, June 10, 2022, from 1:30 p.m. - 3:30 p.m. in the dining room. Share your passion for fabric, sewing, and color.



TRIPS

TRIP RESERVATIONS ARE REQUIRED AND SEATING IS LIMITED.

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT ROBERTA AT 886-8669, ext. 1.

Newport Art Museum & lunch on own at Sonoma in North Kingstown: Friday, June 3, 2022 •

Please note that this trip was originally scheduled on Friday, June 10th. Cost: \$17 plus lunch on own.



The Newport Art Museum is housed in two historical buildings on Bellevue Avenue. It was founded in 1912 and is one of the oldest continuously operating and highly regarded art museums of its kind in the country. Our 1-hour docent guided tour will take us through the museum. Afterwards we will have lunch at Sonoma in North Kingstown. Trip participants will order off the menu and receive separate bills. Bills will include tax and gratuity. (*Considerable Walking*) **Departs Swift at 9:30 a.m. Returns at approximately 2:30 p.m. Reservations accepted with full payment. Min. # of participants: 10. Max. # of participants: 15.**

I Scream, You Scream, We All Scream For Ice Cream •

Cost: \$3 for transportation (trip is not covered by monthly bus pass) and the cost of your ice cream.



Reservations accepted with payment. Register with Roberta at least one week in advance of each trip.

We hope you can join us this year for ice cream adventures! On four Monday afternoons from June to September, we will depart the Swift parking lot at 1:30 p.m. and journey to 4 different local ice cream shops. Please note that all trip locations are subject to change. (*Moderate walking and standing*)

June 20th: Sundaes in Cranston

July 18th: Udder Delights Ice Cream & Frozen Desserts in Coventry

Newport Playhouse and Cabaret Restaurant, *Murder at the Howard Johnsons*: Wednesday, July 13, 2022 •

Cost: \$75 East Greenwich Resident / \$80 Non-Resident.

Reservations accepted with full payment. Reservation deadline is Wednesday, June 15, 2022.



A refund will only be issued after June 15th if we are able to resell the ticket.

Is all fair in love? Even murder? That's the question posed by this light and funny suspense comedy about a love triangle in a Howard Johnson Motor Inn. The play presents a love triangle involving a woman, her lover, and her husband in three scenes. In the first scene, the wife and her lover plot to murder the husband. In the second scene, the wife and her husband plot to murder the lover. The third scene has the husband and the lover plotting to murder the wife, but this attempt, like the others, fails. (*Minimal Walking*)

Registration is accepted by Roberta Dowding at the Swift Community Center, 886-8669, ext. 1 or Rachel Arbige at the Frenchtown Recreation Building, 886-8626, ext. 2. Registration can also be completed online at egrecreation.recdesk.com. Please note that there is a 2% processing fee if you pay by credit card when registering on EG Rec Desk. Cost includes transportation, buffet lunch, the play and the renowned Newport Playhouse post-show cabaret. Trip is open to adults ages 21 and older. Trip location is subject to change due to the Newport Playhouse's scheduled reopening date of July 10, 2022.

Bus departs the United Methodist Church parking lot at 1558 South County Trail at 10:00 a.m. Please park in the lot in front of the church. Returns at approximately 5:00 p.m. Maximum # of participants: 34.

Cinderella at Theatre by the Sea & Lunch at Aunt Carrie's in Narragansett: Thursday, August 4, 2022 •

\$90 East Greenwich Resident / \$95 Non-Resident. Cost includes bus, lunch and a 2:00 p.m. matinee.



Reservations accepted with \$50 deposit. Balance and lunch selection due by Monday, June 20, 2022.

Refund will only be issued after June 20th if we are able to resell the ticket.

Rodgers + Hammerstein's *Cinderella* is the Tony Award®-winning musical from the creators of *South Pacific* and *The Sound of Music* that delights audiences with its contemporary take on the classic tale.

Departs Swift at 10:15 a.m. Returns at approximately 5:30 p.m.

Min. # of participants: 10. Max. # of participants: 20. (*Minimal Walking*)

JUNE 2022 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><u>All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing an order.</u></p>	<p><u>SERVING SIZES:</u> Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)</p>	<p>1 Barley Soup Sausage & Pepper Sandwich Potato Salad Wheat Roll & Cookie (Chicken Sandwich on Wheat Roll)</p>	<p>2 Orzo Pasta Salad Grilled Chicken Sweet Potatoes Cole Slaw Rye Bread & Fruit (Turkey on Rye Bread)</p>	<p>3 Asian Noodle Salad Potato Crusted Fish Creamed Spinach Rice Pilaf Sliced Pears (Seafood Salad on Wheat Roll)</p>
<p>6 Chicken Soup Meatball Sandwich Zucchini & Carrots Multi-Grain Roll Apples Slices (Egg Salad on Wheat Bread)</p>	<p>7 Chickpea Salad American Chop Suey Wax Beans Garlic Bread Oatmeal Cookie (Salami, Ham & Cheese on Wheat Roll)</p>	<p>8 Vegetable Soup Chicken Scallopini Mashed Potatoes Sliced Carrots Wheat Roll & Fruit (Turkey on Rye Bread)</p>	<p>9 Tomato Soup Beef Patty with Onion & Mushroom Gravy Peas & Carrots Roll & Sliced Peaches (Ham & Cheese on Wheat Bread)</p>	<p>10 Vegetables Two Slices of Pizza Dessert</p>
<p>13 Chopped Salad Pub Cheeseburger Cole Slaw Wheat Roll & Cookie (Ham & Swiss on Wheat)</p>	<p>14 Navy Bean Soup Chicken Vesuvio Peas, Potatoes & Mushrooms Wheat Roll Pudding (Egg Salad on Rye)</p>	<p>15 Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots & Bread Sliced Fruit (Salami & Cheese on Wheat Roll)</p>	<p>16 TICKET REQUIRED Chicken Soup Smoked Pork Loin Roast Sweet Potatoes Mixed Vegetables Roll & Cake (Turkey on Bread)</p>	<p>17 Greek Salad Herb Roasted Chicken Italian Green Beans Wheat Roll Sliced Pears (Seafood Salad on Wheat)</p>
<p>20 Vegetable Soup Breaded Chicken with Gravy Sweet Potatoes Wax Beans Roll & Pudding (Egg Salad on Roll)</p>	<p>21 Lentil Soup Eggplant Bolognese Rice Pilaf Carrots & Zucchini Fruit (Turkey on Multi-Grain)</p>	<p>22 Greek Cucumber Salad Chicken Cacciatore Roasted Potato Salad Garlic Bread & Fruit (Chicken Sandwich on Wheat Roll)</p>	<p>23 Minestrone Soup Pot Roast with Gravy Mixed Vegetables Mashed Potatoes Roll & Oatmeal Cookie (Corned Beef on Rye)</p>	<p>24 Caprese Pasta Salad Baked Chicken Roasted Potatoes Green Beans Garlic Bread & Pudding (Seafood Salad on Multi Grain)</p>
<p>27 Mediterranean Salad Sloppy Joe on Wheat Roll Roasted Vegetables Fruit (Egg Salad on Wheat)</p>	<p>28 Tomato Salad Chicken Marsala Rice Pilaf Mixed Vegetables Fruit (Ham Salad on Multi Grain Bread)</p>	<p>29 Tomato Soup Sauteed Beef with Mushrooms Potatoes & Carrots Roll & Cookie (Chicken Salad on Wheat Bread)</p>	<p>30 Onion Soup Balsamic Pork Tenderloin Green Beans & Carrots Wheat Roll & Cake (Turkey on Wheat Wrap)</p>	

EAST GREENWICH SENIOR SERVICES

JUNE 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Program Locations: All programs are located at the Swift Community Center, unless otherwise noted.</p>	<p>Seasonal Program: Pickleball is offered on Mon., Tues & Wed. at 9:30 a.m. on the basketball courts behind Swift through Oct. Please see page 4 for more information.</p>	<p>1 9:15 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 2:30 Walking Club</p>	<p>2 1:00 Zumba 2:00 Flower Pot Class 2:30 Tai Chi [FULL]</p> 	<p>3 9:00 Knitting 9:00 Cribbage 9:30 Newport Trip 11:00 Circuit Fitness 12:00 Canasta 1:15 Movie</p>
<p>6 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Mah Jongg 1:15 Sit to be Fit</p>	<p>7 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Ship Shape</p>	<p>8 9:00 Philosophy Club 9:15 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:30 Coping with Change 2:30 Walking Club</p>	<p>9 1:00 Zumba 2:00 Wreath Class 2:30 Tai Chi [FULL]</p> 	<p>10 9:00 Knitting 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta 12:30 Blood Pressure 1:30 Quilting</p>
<p>13 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:15 Sit to be Fit</p>	<p>14 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 12:30 Blood Pressure 1:00 Line Dancing 2:30 Walking Club</p>	<p>15 9:15 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 2:30 Walking Club</p>	<p>16 12:00 Father's Day Luncheon 1:00 Zumba at Frenchtown Recreation Bldg.</p>	<p>17 9:00 Knitting 9:00 Cribbage 10:00 Caregivers Zoom Meeting 11:00 Circuit Fitness 12:00 Canasta</p>
<p>20 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Mah Jongg 1:15 Sit to be Fit 1:30 Ice Cream Trip</p>	<p>21 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 2:30 Walking Club</p>	<p>22 9:00 Philosophy Club 9:15 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 1:30 Smart Driver 2:30 Walking Club</p>	<p>23 9:30 Commonwealth Presentation 1:00 Zumba 2:30 Tai Chi [FULL]</p>	<p>24 9:00 Knitting 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta</p>
<p>27 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:15 Sit to be Fit</p>	<p>28 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 2:30 Walking Club</p>	<p>29 9:00 Philosophy Club 9:15 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 1:30 Pedestrian Safety 2:30 Walking Club</p>	<p>30 1:00 Zumba</p>	