



EAST GREENWICH

COMMUNITY CENTER NEWSLETTER

Volume 14 • No. 12

December 2018

THE COMMUNITY
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

STAFF

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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 close at noon on December 24th and will be closed all day on December 25th

From the Senior Center Manager: Please join me in welcoming our new Transportation Coordinator Maryjo Greig. If you haven't had the chance to meet her- feel free to drop by her office to introduce yourself to her. Maryjo is very excited about working here at the Senior Center! Welcome to our team Maryjo!

Once again, our coffee hour was a big success and many interesting topics and ideas were discussed. Our next "Coffee Chat with Charlotte" will be held on January 4th at 10:00 a.m. Drop by to enjoy some pastries and coffee! No registration required.

A big shout out to our fabulous volunteers who helped serve at our Thanksgiving Luncheon. We had over 120 seniors attend and everyone had a wonderful time! We could never provide such outstanding service without our volunteers! Thank you! If you would like to be a part of our volunteer servers please contact Lynn Boisvert, our Meal Site Supervisor at 886-8669 ext. 5.

Holiday Luncheon Thursday December 20th @ noon Tickets will be on sale starting November 7th through December 12th or until sold out. Tickets are a suggested \$3 donation and must be purchased at Swift Community Center.

Movie of the Month We will show a free movie at Swift on Friday, December 7th at 1:00 p.m. Reservations are not required. We will be showing "White Christmas" with Bing Crosby and Danny Kaye. We hope that you can join us!

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.

Inclement Winter Weather Policy: Senior Services will post cancellations on local television and radio stations. Participating television stations are Channel 6, 10, and 12. Our cancellation information will also be listed on the R.I. Broadcasters website. Please go to www.ribroadcasters.com and click on "View Current Closings". A recording will also be listed on Charlotte's voicemail @ 886-8669 x1

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.

Holiday Prepared Meals: If you are an East Greenwich resident, will be alone for the holidays, and are age 55+ or disabled, the Community Services & Parks Dept. will provide a prepared meal with all the trimmings. The meal includes a dinner roll, garden salad, turkey with gravy, stuffing, mashed potatoes, vegetables and dessert. The deadline to register for a December holiday meal is **Wednesday, December 5th**. The meal will be delivered to residences on Friday, December 21st. To register for a meal, please contact Rachel Longo 886-8669 ext 4.

Medicare Open Enrollment: A trained SHIP (State Health Insurance Program) counselor will be available during Medicare Part D open enrollment each Wednesday until December 7th. Appointments are required. Please contact Rachel Longo 886-8669 ext. 4

Philosophy Club: Bob Houghtaling will lead this fun group every third Wednesday– this month it will be on December 19th from 10-11:00 a.m. No registration required.

Tell Me A Story: Come and share stories with Bob Houghtaling and other Veterans. Anyone is welcomed! This group meets the fourth Wednesday each month. This month it will be on December 26th 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 December 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 December 12th 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.

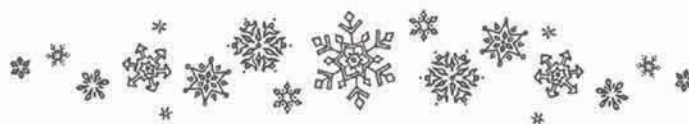
All Nurse Clinics include blood pressure and heart rate checks:

Amy Craig from WellOne in North Kingstown will be at Swift on Friday, December 7th from 10:00-11:45 a.m.

Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation, will be at Swift on Thursday, December 13th from 10:30 a.m.-12:00 p.m.

Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services, will be at Swift on Tuesday, December 18 from 12:30-2:00 p.m. Tests for blood sugar are available for \$1. Cholesterol tests are available for \$5.

Dana Tessier, a registered nurse with Bayada Home Health Care, will be at Swift on Wednesday, December 26th from 12:15-1:15 p.m.



East Greenwich Community Center Newsletter

Cyber Seniors will continue for the first two weeks of December on Wednesdays and Fridays. Sign up for one hour sessions at 9, 10, 11, or 12 p.m. Registration required-contact Charlotte @ 886-8669 ext. 1

Ukulele: Jeanne Chesnowitz will lead this group on Wednesdays from 1:00-2:00 p.m. Classes are free but you must provide your own ukulele. Contact Charlotte to register 886-8669 ext 1.

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.

December 21st: Blithewold Mansion – pick up at 9 a.m.

Afternoon Tea in the dining room and a tour of the grounds.

Contact Charlotte Markey @ 886-8669 Ext. 1 for details and to reserve a seat. Hurry! There are only 19 spots available for this event.

Wednesdays: December 5th, 12th, 19th & 26th:

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

Thursdays: December 6th, 13th, 20th, & 27th:

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

Friday Trips:

December 7th: Target pick up at 1 p.m.

December 14th: Walmart pick up at 1 p.m.

December 21st: Blitheword Mansion pick up at 9 a.m.



CHARLOTTE, RACHEL, MARYJO AND LYNN WISH YOU THE HAPPIEST OF HOLIDAYS!

DECEMBER 2018: LUNCH MENU

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

<p>3 Hanukkah Meal Vegetable Soup Beef Brisket Potato Pancakes Roasted Zucchini</p> <p>*Chicken Salad on Wheat Roll</p>	<p>4 Cream of Broccoli Soup BBQ Chicken Thighs Macaroni Salad Spinach</p> <p>*Roast Beef on Bulkie</p>	<p>5 BIRTHDAY PARTY Minestrone Soup Roasted Pork Loin w/ Gravy Scalloped Potatoes Peas and Onions</p> <p>*Cheesburger on Wheat Roll</p>	<p>6 Cream of Mushroom Soup Oven Fried Chicken Parmesan Cold Pesto Pasta Wax Beans Whole Wheat Roll</p> <p>*Tuna Salad on Wheat Roll</p>	<p>7 Roasted Cauliflower Soup Wheat Pasta Bolognese Tossed Salad Garlic Bread</p> <p>*Chef Salad</p>
<p>10 Lentil Soup Meatball & Pepper Sandwich on Whole Wheat Roll Three Bean Salad/ Chips</p> <p>*Ham & Swiss on Wheat</p>	<p>11 Chicken Escarole Soup Mac&Cheese w/ Ham & Peas Roasted Carrot & Cauliflower</p> <p>*Greek Salad w/Chicken</p>	<p>12 Split Pea Soup Sloppy Joe on Wheat Roll Brussel Sprouts Roasted Potato</p> <p>*Seafood Salad on Wheat Roll</p>	<p>13 Kale and Bean Soup Eggplant Parmesan Roasted Chicken Leg Mixed Vegetable</p> <p>*Meatball Grinder</p>	<p>14 Corn Chowder German Sausage w/ Sauerkraut and Potatoes Green Beans/Wheat Roll</p> <p>*Corned Beef Rueben</p>
<p>17 Tomato Soup Hot Dog (LS) and Beans Cole Slaw Brown Bread</p> <p>*Egg Salad on Wheat</p>	<p>18 Tossed Salad Beef Stew w/ Potatoes & Vegetables Whole Grain Biscuit</p> <p>*Turkey Club on Wheat</p>	<p>19 White Bean Soup Chicken Fajitas w/ Sour Cream Black Bean Salad / Rice Whole Grain Tortilla</p> <p>*Italian Grinder</p>	<p>20 HOLIDAY MEAL Pasta Faggioli Stuffed Chicken Breast w/ Gravy Mashed Potatoes Italian Green Beans</p> <p>Ticket Required!</p>	<p>21 Chicken Barley Soup Lasagna Primavera Roasted Eggplant</p> <p>*Seafood Salad Plate</p>
<p>24 SERVING AT 11 A.M. CLOSING AT NOON</p> <p>Fresh Fruit Scrambled Eggs Bacon & Sausage Home Fries Whole Grain Waffle w/ Syrup</p>	<p>25</p> <p>Closed</p> <p>Happy Holiday!</p>	<p>26 Tortellini Soup Pub Cheesburger on Whole Wheat Roll / French Fries Broccoli</p> <p>*Cobb Salad</p>	<p>27 NEW YEAR'S CELEBRATION Italian Wedding Soup Beef Bracciole Roasted Potato Baby Carrots</p> <p>*Turkey & Swiss on Wheat Roll</p>	<p>28 NE Clam Chowder Fish & Chips Baked Beans</p> <p>*Chicken Sandwich on Wheat</p>
<p>31 100% Fruit Juice Omelets Corned Beef Hash w/ Potatoes Whole Grain French Toast w/Syrup</p>	<p>Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¾ cup Vegetable – ¾ cup Dairy – 1 cup</p> <p>*Alternate Meal</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 created by Encore Catering of Warwick, RI. Please call Jennifer Veltri at Westbay CAP at (401) 732-4660 Ext 325 with any questions or comments.</p>	<p>Suggested donation is \$3.00 per meal Thank you for your donations. Donations help to maintain the meal program.</p>	



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DECEMBER 2018: 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

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 p.m. in the dining room. 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. in the dining room. Exercises help maintain muscle strength, stamina and balance using weights. Weights are provided. Instructor: Jill Saint. (\$2 M / \$3 NM)

Tuesdays continued

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

Cyber Seniors December sign up schedule for one hour time slots are at 9, 10, 11, or 12 p.m. Registration required - contact Charlotte @ 886-8669 ext. 1

Ukulele Group Jeanne Chesnowitz will lead this group 1:00-2:00 p.m. Classes are free but you must have a ukulele to attend classes. Register with Charlotte @ 886-8669 X 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)

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 every third Wednesday-this month is December 19th from 10-11 a.m.

Tell Me A Story Attention all Veterans! You are invited to join a gathering of other Veterans to share stories and like experiences. Bob Houghtaling will lead this group on the 4th Wednesday of every month this month - December 26th 10-11am No registration required.

Wednesdays continued

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)

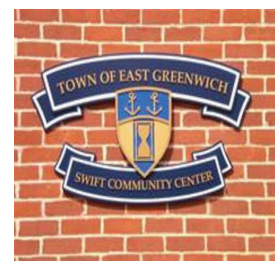
Fridays

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

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.



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.

Shopping & Trips:

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

Shopping: Wednesdays 1 p.m.

- **Dec 5, 12, 19 & 26:**

Dave's Plaza North Kingstown

Shopping: Thursdays 9 a.m.

- **Dec 6, 13, 20 & 27:**

Stop & Shop Frenchtown Rd

Trips: Fridays 9:00 a.m.

- **December 7th: Target**

- **December 14th: Walmart**

- **December 21st: Blithewold**

