



# EAST GREENWICH

## SENIOR CENTER NEWSLETTER

Volume 16 • No. 4

May 2021

THE SENIOR  
CENTER SERVICES  
SENIORS 55+  
AND ADULTS WITH  
DISABILITIES

### STAFF

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If you would like to register  
for a boxed lunch please call  
886-8669 ext. 4

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



May 31st Senior Center Closed

**From the Senior Center Manager:** We are almost in full swing again! Currently, we have exercise classes, philosophy, art, and knitting open. If all goes as planned, by the beginning of June, we will begin hot lunches, card games and Bingo! We still follow guidelines for physical distancing and screening.

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. We hope that you will join us as we welcome in the summer months!

**Need to be vaccinated?** Go to: [C19vaccineRI.org](https://www.c19vaccine.ri.org)

**Blood Pressure Checks:** We will have blood pressure checks on May 18th from 11a.m. -1 p.m. Contact Charlotte to reserve a time to meet with Rhonda.

**Exercise Classes:** We have new times and days so please make a note. Class size is still limited so call Roberta to register.

**Boxed lunches/Grab n' go:** If you are an E.G. resident in need of a boxed lunch and are homebound, we will deliver it to you. If you have a vehicle, any senior is eligible to pick up a grab n' go from the center. We also offer a "Lunch Bunch" where you bring your boxed grab n' go into the center and sit at a table in the dining room with others at a physical guideline distance. Reserve the Wednesday before for either @886-8669 ext. 4 Donation of \$3.00 per lunch is suggested but not required.

**Cyber Seniors:** Summer sessions begin at the end of May. One hour sessions Thursdays from 9-12 p.m. Registration required. Please contact Charlotte @ 886-8669.

**Virtual Senior Center:** Age Friendly Rhode Island has developed a "virtual" Senior Center on their website with interesting programs that you can participate in at no cost! Go to this website: [www.agefriendlyri.org](https://www.agefriendlyri.org) and click the link on the top of the page that says, "Virtual Community Center" and then click on "Events Calendar". There are programs and exercise classes for free!

**Caregiver Support Group:** 3rd Friday of every month. Contact Deb Burton (401-585-0509 or deb@rielderinfo.com) to register for the Zoom video or call in number.

**Blood Drive:** The Rhode Island Blood Center will be having a blood drive here at Swift Gym on Friday, May 14th from 1:00 pm—5:00 pm. Donation by appointment only! Go to [www.ribc.org/drives](https://www.ribc.org/drives) to book. **Sponsor Code 0474.**

**Please GO GREEN by joining the Newsletter Email List!**



# **SENIOR PROGRAMS**



**Pickleball:** Monday, Tuesday, Wednesday 9:30am. Where: Academy Field Basketball Courts Cost: **Free**

Would you like to learn how to play pickleball? This fast-growing game combines tennis and ping pong but is a little easier on the knees. 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.

**New!!! Walking Club:** Mondays: 3:00 - 4:00pm, Tuesdays: 3:00 - 4:00pm, Wednesdays: 3:00 - 4:00pm, Thursdays: 2:00 - 3:00pm, and 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?

**Yoga:** Tuesdays, 8:45 - 9:45am. Where: Swift Gym Cost: \$2.00 Residents/ \$3.00 Non-residents

Welcome back Linda Morse as instructor for this class. 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. Where: Swift Gym 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.

**Country Western Line Dancing:** Tuesdays, 1:00 - 2:00 pm. Where: Swift Gym Cost: \$2.00 Residents/ \$3.00 Non-residents Instructor: Jackie Willsie.

This class will keep you moving to country western classics and hits. If you enjoy line dancing, you'll love this class.

**New! Chair Yoga:** Wednesdays, 1:00-2:00pm. Where: Swift Gymnasium Cost: \$2.00 Residents/ \$3.00 Non-residents Need to start moving again after a year inside? This is the class for you! Linda Morse will lead you in 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:** Who: Adults When: Monthly on 2<sup>ND</sup> & 4<sup>TH</sup> Wednesdays, 9:00-10:30am. Next Meetings May 12<sup>th</sup> & 26<sup>th</sup> 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. NOTE: Masks & Social Distancing will be required. Preregistration not required.

**Art Class:** Thursdays, 9:00am-10:30am. Cost: \$2.00 Residents/\$3.00 Non-residents

All levels are welcomed to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine Anderson, 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.

**Knitting:** Fridays, 9:00-11:00am. Cost: **Free**

Did you know that knitting was more than a finished product? The act of knitting/crocheting can combat anxiety and depression by participating in creative outlets. 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.

**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. A chair can be used for added stability.

***The Senior Center will be closed Memorial Day -May 31st.***

## SENIOR TRIPS

**Rhode Island Lighthouses and Newport Harbor Tour:** Friday, June 18th- Put on your sea legs and get ready to set sail from Quonset Point. We'll take a 95 minute narrated cruise past 10 Rhode Island Lighthouses in Narragansett Bay and a complete Newport Harbor Tour. The 30 mile cruise will take us along 10 beautiful islands, under the breathtaking Jamestown & Newport Bridges, past mansions, historic Fort Adams and many other famous Rhode Island sights. After the cruise, we will be going out for ice cream!

Departs: 12:00 pm | Return: 3:45 pm Cost \$35.00. Reservations required by May 28th

**Theatre by The Sea:** Thursday, July 8th- Don't miss your opportunity to see the award-winning FUNNY GIRL. This musical is romantic, touching and downright hysterical! Enjoy lunch at the famous Bistro by the Sea and then laugh your afternoon away as the celebrated FUNNY GIRL tells the story of Fanny Brice, a Hollywood films and Ziegfeld Follies entertainer who charmed us with her humor, talent, and chutzpah.

Departs: 11:00am | Return: 5:30 pm Lunch at Bistro + show approx. \$80. Reservations required by June 11th

**Museum of Work and Culture:** Friday August 20th- Take a trip back in time with a visit to the Museum of Work & Culture in Woonsocket. The museum presents the compelling story of immigrants who came to find a better life in the mill towns along the Blackstone River. You can recreate their journey, beginning in a Quebecois farmhouse before making your way to the workday world of Woonsocket at the turn of the century. Come and explore the lives of immigrants at home, work, and school through nine immersive exhibits. Lunch at nearby restaurant afterwards.

Departs: Swift 9am - Return: 3pm Cost \$10 Reservations required by July 23rd

**Chevy's Shack:** Friday September 10th- What better way to say goodbye to summer than enjoying a delicious seafood meal? Enjoy an outdoor lunch from Chevy's Shack located at Gardner's Wharf in Wickford. Whether you enjoy a cup of chowder and clam cakes, fish & chips, lobster roll or a burger, the outdoor view of Wickford Harbor can't be beat!

Departs: 11:30am - Return: 2:00 pm Cost \$2 + lunch. Reservations required by August 27th

**\*\*SEATING IS LIMITED ON ALL TRIPS CONTACT: ROBERTA DOWNDING 401-886-8669 ext. 3\*\***

*Annual Summer Cookout at Fireman's Association in late August. Details coming soon!*

# ***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 Roberta Dowding 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 appointments in East Greenwich

## **Mondays & Tuesdays**

- Doctor Appts. /Classes

## **Wednesdays**

- Stop & Shop 9:00 a.m.

## **Thursdays**

- Dave's Market **OR** Aldi's 1:15 p.m.

## **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 9 a.m.**  
**May 5, 12, 19 & 26**  
Stop & Shop

**Shopping: Thursdays 1:15 p.m.**  
**May 6, 13, 20 & 27**  
Dave's Market **OR** Aldi's

**Special Trips: Fridays 1:15 p.m.**

**May 7:** Target/Dollar Tree

**May 14:** Walmart—Coventry

**May 28:** Job Lot/Walgreens/Salks

**May 31:** Memorial Day - Closed