



# EAST GREENWICH SENIOR CENTER NEWSLETTER

Volume 16 • No. 5

June 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

Please GO GREEN by joining  
the Newsletter Email List!



**From the Senior Center Manager:** Hello and welcome back! We are so pleased to announce that all of our activities (and a few new ones!) are running-including *Bingo* which will begin on June 14th. We will also be able to start hot lunches on July 19th.

*We're back to "normal"- but bigger and better than before!*

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

**Need to be vaccinated?** Go to: [C19vaccineRI.org](http://C19vaccineRI.org)

If you have not been vaccinated, we require that you wear a mask in the building.

**Blood Pressure Checks:** We will have blood pressure checks on June 15th from 11a.m. -1 p.m. Contact Judy @ 886-8669 ext. 4 to reserve a time to meet with Rhonda.

**Annual Summer Cookout:** Tuesday August 31st from 12-1:30 p.m. @ East Greenwich Veteran Fireman's Association 80 Queen St. Tickets are a suggested \$3.00 donation and must be purchased at Swift Community Center. Tickets will go on sale June 18th through August 18th or until sold out. Seating is limited. See Judy for tickets.

**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. **Hot lunches will begin July 19th!**

**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](http://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 are free!

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

Check out the Community Services & Parks Facebook page!

<https://www.facebook.com/EGCommunityServices/>

## SENIOR PROGRAMS



**NOTE: Masks for non-vaccinated individuals will be required in the Senior Center.**

**New! Beautify Yourself:** Available 2nd & 4th Mondays starting in July. Next month's will be July 12th & 26th between 9-12pm. Need to shake off the growth of the pandemic? Why not stop by for a haircut here at the center! Kathi Franco, a licensed hair-dresser will wet and cut your hair (female or male) for only \$10. Call Roberta for an appointment 886-8669 ext. 3.

**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.

**New! 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.

**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. 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. Cost: \$2.00 Residents/\$3.00 Non-residents. Instructor: Jackie Will-sie.  
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  
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 June 9<sup>th</sup> & June 23<sup>rd</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. 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 Will-sie  
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.



# SENIOR CARD/GAME PROGRAMS

**BINGO: Beginning June 14th!** Mondays, 1:00-3:00pm. A set of Bingo cards is \$3.00. A bingo marker is \$1.50.

**Bridge:** Mondays, 9:30-12:00pm. 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. Pre-registration is required. Contact Roberta @ 886-8669 ext.3.

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

**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.

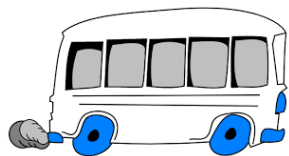
**Cyber Seniors:** Thursdays, 9:00-12:00pm beginning in July. This one-on-one time with a U.R.I. student can help you with most any technology questions.

**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.

**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.



## ***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 48 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, Market Basket, Walmart 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, 9:00am**  
**June 2, 9, 16, 23 & 30**  
Stop & Shop

**Shopping: Thursdays 1:15 p.m.**  
**June 3, 10, 17 & 24**  
Dave’s Market, Market Basket,  
Walmart OR Aldi’s

**Special Trips: Fridays (times vary)**

**June 4:** 1:15pm Christmas Tree Shop/ Five Below

**June 11:** 9:00am Farmer’s Market

**June 18:** 12:00 pm Lighthouse Trip

**June 25:** 1:15pm Warwick Mall

## **SUMMER/FALL SENIOR TRIPS**

**Warwick Center for the Arts:** *Friday, July 16th-* Altered Papers, Prints and Books Exhibit. In this show, artists created paper works in two-and three-dimensional, with an emphasis on three-dimensional art constructed with paper. The exhibit includes a wide array of original works on paper, altered paper, hand pulled prints and artists books. Afterwards we will have lunch at the Waysider Grill. Admission to the exhibit is free but donations are graciously accepted.

**Departs: 10:00am - Return: 2:00pm (approx.) Cost: donation + lunch. Reservations required by July 12<sup>th</sup>.**

**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: 9am - Return: 3pm (approx.) 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 (approx.) Cost: \$2 + lunch. Reservations required by August 27th.**

**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).

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

**The Windows of Grace Episcopal Church in Providence:** *Friday, November 5th-* With unique and exquisite stained glass windows dating back to 1846, Grace Episcopal Church is home to some of the most beautiful and spiritually inspiring stained glass windows in Rhode Island. Join us for a docent guided tour of the church and Grace's magnificent stained glass windows. The windows are a historical treasure and reflect the creative works of some of the finest artists in their time and each is a memorial with a story to tell. Admission to the church is free but donations are graciously accepted. On our way home, we will stop at the Greenwood Inn for lunch.

**Departs: 10:00am- Return: 2:30pm (approx.). Cost: donation + lunch. Reservations by October 8th.**

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

***Annual Summer Cookout at Fireman's Association August 31st . See front page for details!***