



EAST GREENWICH

COMMUNITY CENTER NEWSLETTER

Volume 15 • No. 2

February 2019

THE COMMUNITY
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

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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 Senior Center will be closed February 18th

From the Senior Center Manager: Once again, our "Coffee Chat with Charlotte" was filled with helpful suggestions and delicious pastries! Our next one will be held on March 1st. at 10:00 a.m. I hope that you will be able to join us! No registration required.

Valentine's Day Luncheon Thursday February 14th at noon.

Tickets are on now on sale through February 6th or until sold out. Tickets are a suggested \$3.00 donation and must be purchased at Swift Community Center.

Atria Dark Chocolate Dessert Dark chocolate can help stave off Alzheimer's. Join Atria Harborhill's resident chef for a delicious dark chocolate dessert while listening to Laurie Mantz discuss how to gather resources and gain support for individuals with all forms of memory loss. February 12th @ 12:30. Reservations required by February 6th. Why not join us for lunch that day? Contact Charlotte @ 886-8669 ext. 1.

St. Patrick's Luncheon Thursday March 14th at noon. Tickets will go on sale February 11th through March 6th or until sold out. Tickets are a suggested \$3.00 donation and must be purchased at Swift Community Center.

Free Income Tax Assistance Volunteers trained by AARP Tax Aide will be available at Swift at the beginning of February. This is a free service for seniors and low income residents. Appointments will be offered on Wednesdays from February 6th-April 10th. Reservations are required (no walk-ins will be seen). Please contact Charlotte at 886-8669 ext.1. Please bring a social security card and photo ID for all individuals listed on the tax return, as well as all tax documents and last year's tax return.

"Safe Money Alternatives in Today's Unstable Markets" February 6th 1-2 p.m. Ken Sweitzer, from Sweitzer Income Planning, LLC will discuss: 5 Ways to protect your Assets and Income from future Healthcare Costs, "Accumulation Plan" vs "Income Plan", "Interest Rate Risk" and Bonds, Fact vs Fiction about Annuities, and How to building a Foundation of Lifetime Income that is Safe and lasts as long as you do. Register with Charlotte at 886-8669 Ext. 1

Inclement Winter Weather Policy: If any Senior Services are cancelled a recorded message will be left on Charlotte's phone- 886-8669, ext. 1. There will be a cancellation notice on local television & radio stations. Participating TV stations are Channel 6, 10, & 12. Cancellations will also be listed on the R.I. Broadcasters website- www.ribroadcasters.com then click on "View Current Closings".

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.

Telephone Scam Prevention: Rachel Longo, Community Resource Manager, will be hosting a discussion on February 6th from 11-11:30 a.m. about the most recent telephone scams targeting seniors in R.I. She'll give updates about the proper protocol to report and prevent becoming a victim of a telephone scammer. Attendees will be provided with informational material from the Consumer Protection Unit of the RI Attorney General's office. Registration required. Contact Rachel @ 886-8669 ext. 4 to sign up.

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.

Social Services Assistance: Rachel Longo is a trained SHIP councilor (State Health Insurance Program). The goal of SHIP is to provide seniors with access to accurate, unbiased health insurance information, counseling and assistance free of charge. Rachel is available throughout the year for anyone turning 65 who needs to choose a Medicare Part B insurance supplement or advantage plan. Appoints are required. Contact Rachel at rlongo@eastgreenwichri.com or 886-8669 ext. 4.

Philosophy Club: Bob Houghtaling will lead this fun group twice a month on Wednesdays– this month it will be on February 13th & 27th from 9-10:00 a.m. ***Please notice new times!*** No registration required.

Tell Me A Story: Come and share stories with Bob Houghtaling and other Veterans. Anyone is welcomed! This group meets the last Wednesday each month. This month it will be on February 20th 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 February 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 February 13th 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:

February 1st from 10am-11:45am: Amy Craig from WellOne of North Kingstown

February 7th from 10:30am-12pm: Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

February 20th from 12:30pm-2pm: Rhonda Brunner, a registered nurse with Visiting Nurses Services of Home Health Services. Tests for blood sugar are available for \$1. Cholesterol tests are available for \$5.

February 27th from 12:15pm-1:15pm: Dana Tessier, a registered nurse with Bayada Home Health Care

East Greenwich Community Center Newsletter

Movie of the Month We will show a free movie at Swift on Friday, February 1st at 1:00 p.m. Reservations are not required. Contact Charlotte the week before to find out the movie title. We hope that you can join us!

Book of the Month Club The East Greenwich Library Book Group will be meeting on February 25th from 1:30 – 2:30 at the library to discuss *Educated: A Memoir* by Tara Westover. Copies of the book are available at the library front desk. New members are welcome!

Coming in March: Membership Drive! All memberships will now expire in the month of March to make it easier to remember when it is time to renew! Please consider renewing your membership during this month.

AARP Tax Service (See front cover for details)

St. Patrick's Day Luncheon (See front cover for details)

March 6th Presentation: Estate Planning Basics by Estate Planning Attorney Samantha McCarthy

March 22nd: Bus trip RI School of Design Museum and lunch out.

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.

***North Kingstown is no longer using plastic shopping bags-plan accordingly.**

Wednesdays: February 6th, 13th, 20th, & 27th:

Dave's Market Plaza-Quonset, North Kingstown

Shopping from 1:00 to approximately 3:00 p.m.

Thursdays: February 7th, 21st, & 28th: Also Friday February 15th @ 9 am

Stop & Shop, Frenchtown Road, North Kingstown

Shopping from 9:00 to approximately 10:30 a.m.

Friday Trips:

February 1st: N.K. Walmart pick up at 10 a.m.

February 8th: Kingstown Plaza (TJ Maxx, Dollar Tree and Pier Pizza) pick up at 10 a.m.


February 15th: Stop & Shop pick up at 9 a.m. ALSO Veterans' Cemetery pick up at 1pm

February 22nd: Salt Pond Plaza (Marshalls, Dollar Tree, S&S, Create Color Ceramic Studio, and Colvittos Pizza & Bakery) pick up at 10 a.m.



FEBRUARY 2019: LUNCH MENU

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

<p>Protein – 3 ounces (cooked) Grain – 2 ounces Fruit – ¼ cup Vegetable – ¼ cup Dairy – 1 cup</p> <p><i>*Alternate Meal</i></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 prepared by Encore Catering of Warwick, RI. Please call Jennifer Veltri, Westbay CAP at (401) 732-4660 Ext 325 with any questions or comments.</p>				<p>1</p> <p>Cream of Broccoli Soup BBQ Chicken Thighs Potato Salad Mixed Veg/Corn Bread</p> <p><i>*Meatball Grinder</i></p>
<p>4</p> <p>Mushroom Barley Soup Open Chicken Pot Pie Mashed Potato Whole Wheat Biscuit</p> <p><i>*Tuna Salad on Wheat Roll</i></p>	<p>5 CHINESE NEW YEAR MEAL</p> <p>Vegetable Noodle Soup Kung Pao Beef Vegetable Lo Mein Eggroll Fortune Cookie</p> <p><i>*Chicken Sandwich on Wheat</i></p>	<p>6</p> <p>Red Clam Chowder Fish Sandwich on Wheat Roll Cole Slaw Potato Wedges</p> <p><i>*Chef Salad</i></p>	<p>7</p> <p>Minestrone Soup Chicken Parm Spaghetti Tossed Salad</p> <p><i>*Egg Salad on Wheat</i></p>	<p>8</p> <p>Kale and Navy Bean Soup Sausage and Pepper Sandwich Whole Wheat Roll/ Chips Broccoli</p> <p><i>*BLT on Wheat</i></p>	
<p>11</p> <p>Split Pea Soup Swedish Meatballs Mashed Sweet Potato Baby Carrots/Whole Wheat Roll</p> <p><i>*Seafood Salad on Wheat</i></p>	<p>12</p> <p>Fruit Cup Ravioli w/Meat Sauce Caprese Salad Garlic Bread</p> <p><i>*Cobb Salad</i></p>	<p>13</p> <p>Tomato Soup Cranberry Balsamic Chicken Mashed Cauliflower Wax Beans</p> <p><i>*Roast Beef Sandwich</i></p>	<p>14 VALENTINE'S DAY MEAL</p> <p>Italian Wedding Soup Prime Rib w/Gravy Roasted Potato & Green Beans Whole Grain Roll</p> <p><i>*Turkey & Swiss on Wheat</i></p>	<p>15 VEGETARIAN MEAL</p> <p>Lentil Soup Cheese Lasagna Cesar Salad Whole Grain Breadstick</p> <p><i>*Cheeseburger on Wheat Roll</i></p>	
<p>18</p> <p>Presidents' Day</p> <p>SENIOR CENTER CLOSED</p>	<p>19 BIRTHDAY PARTY MEAL</p> <p>Escarole and Bean Soup Chicken Cordon Blue Mashed Potato Peas and Carrots</p> <p><i>*Corned Beef Rubeen on Rye</i></p>	<p>20</p> <p>Chicken Soup Stuffed Pepper Meatballs Baby Carrots</p> <p><i>*Chicken Salad</i></p>	<p>21</p> <p>Roasted Cauliflower Soup BBQ Beef Brisket Roasted Sweet Potato Spinach Whole Wheat Roll</p> <p><i>*Chicken Cesar Salad</i></p>	<p>22</p> <p>White Bean Soup Chicken Enchiladas Rice Whole Wheat Tortilla Black Beans</p> <p><i>*Tuna Club on Wheat</i></p>	
<p>25</p> <p>Kale and Bean Soup Baked Ham w/Gravy Scalloped Potatoes Sliced Carrots Whole Wheat Roll</p> <p><i>*Sausage Sandwich</i></p>	<p>26</p> <p>Beef & Vegetable Soup Chicken w/Veggies on Pita Brown Rice Salad Chips</p> <p><i>*Pastrami and Cheese on Wheat</i></p>	<p>27 VEGETARIAN MEAL</p> <p>Vegetable Stew Stuffed Shells Greek Cucumber Salad Italian Bread</p> <p><i>*Italian Grinder</i></p>	<p>28</p> <p>Fresh Fruit Beef Stew Tossed Salad Whole Grain Biscuit</p> <p><i>*Turkey Club on Wheat</i></p>	<p>Suggested donation is \$3.00 per meal</p> <p>Thank you for your donations. Donations help to maintain the meal program.</p>	



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FEBRUARY 2019: PROGRAMS

Tuesdays continued

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

Bridge 9:30-12:00 pm Game room

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
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. Exercises help maintain muscle strength, stamina and balance using weights-which are provided. Instructor: Jill Saint. (\$2 M / \$3 NM)

Mahjong 1:00-3:00 Sandra Kettelle organizes this ancient game of skill, strategy, calculation and luck. Participants must have prior knowledge of the game. Pre-registration is required. Contact Charlotte @ 886-8669 ext. 1

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

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 twice a month on Wednesdays. This month will be February 13th & 27th from 9-10 a.m. No registration required.

Please notice the new times!



Wednesdays continued

Tell Me A Story You are invited to join a gathering of other Veterans to share stories and like experiences. Bob Houghtaling will lead this group on the last Wednesday of every month this month - February 20th from 10-11am No registration required.

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

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.

Ukulele/Singing Group Jeanne Chesnowitz leads this group on Fridays from 1:00-2:30 p.m. The first hour will be ukulele and the last half hour will be sing along using musical instruments. Attend one or both sections. Classes are free but you must have a ukulele to attend. Register with Charlotte @ 886-8669 X 1.

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.

***North Kingstown is no longer using plastic shopping bags.**



Shopping & Trips:

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

Shopping: Wednesdays 1 p.m.

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

Dave's Plaza North Kingstown

Shopping: Thursdays 9 a.m.

- **Feb 7, 21 & 28:**

Stop & Shop Frenchtown Rd

Friday Trips:

- **February 1st: N.K. Walmart 10am**

- **February 8th: Kingstown Plaza 10 am**

- **February 15th: Stop & Shop 9am also Veteran's Cemetery 1pm**

- **February 22nd: Salt Pond Plaza 10am**