



# EAST GREENWICH COMMUNITY CENTER NEWSLETTER

Volume 14 • No. 9

September 2018

THE COMMUNITY  
CENTER SERVICES  
SENIORS 55+  
AND ADULTS WITH  
DISABILITIES

## STAFF

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Meal Site Supervisor

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.

All programs and services  
are located at the  
Swift Community Center  
121 Peirce Street  
401-886-8669

## The Center will be closed Labor Day September 3rd

**From the Senior Center Manager:** Our next "Coffee Chat with Charlotte" will be held on September 7th at 10:00 a.m. Drop by to enjoy a some pastries and coffee. We'll be discussing suggestions and ideas for upcoming programs. No registration required.

**Movie of the Month** We will show a free movie at Swift on Friday, September 7th at 1:00 p.m. Reservations are not required. Please contact Charlotte the week of August 27th for the title of the movie.

**Essential Oils Cooking:** Essential oils are already a normal part of your diet and the human body is well equipped to safely metabolize them. So why not flavor your dishes while providing healthy benefits to your body? Amanda Rotondi, an Essential Oils Educator, will teach how you can use essential oils to flavor your favorite recipes! September 25th from 1:00-2:00 p.m. Contact Charlotte to register.

**Senior Safety:** Richard Muto from The Brain Injury Association of Rhode Island will host a presentation that looks at the brain and it's functions. He will also discuss how to make your environment safe to avoid falls. September 19th from 1:00-2:00 p.m. Contact Charlotte to register.

**\*New Wreath of the Month:** Joyce Huntley-Campbell is joining us to create seasonal wreaths- one each month. Classes are free but the materials will be between \$5-10 per class payable at each session. First class begins September 27th from 10:00-11:30 a.m. Registration required. Contact Charlotte @ 886-8669 Ext. 1.

**\*New Ukulele:** Jeanne Chesnowitz will lead this group on Wednesdays beginning September 12th from 1:00-2:00 p.m. Classes are free but you must provide your own ukulele. Contact Charlotte to register.

**Writing/Poetry Workshop:** Join Pat LaRose, former librarian who will facilitate this group. Contact Charlotte @ 886-8669 ext. 1 for dates and times.

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

**\*Newsletters will be mailed to current members only. If you are not sure when your membership runs out- call us at 886-8669.**

## East Greenwich Community Center Newsletter

Please contact Charlotte Markey at 886-8669 ext. 1 or [cmarkey@eastgreenwichri.com](mailto:cmarkey@eastgreenwichri.com) to register for a program, unless otherwise noted.

**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 September 26th from 10-11 a.m. No registration required.

**Cyber Seniors** will continue in September on Mondays. Sign up for one hour slots at 9, 10, or 11 a.m. Registration required-contact Charlotte @ 886-8669 ext. 1

**Pickleball** Would you like to learn how to play the game? There is a group that meets on Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym. Call Charlotte for details.

**Substance Abuse and Mental Health Services** Bob Houghtaling will provide office hours where community members can speak with him regarding anything related to substance abuse or mental health services. His hours in September are from 9:30-11:30 a.m. contact Charlotte @ 886-8689 X1 for September dates. No registration required.

**Caregivers Support and Resource Group** meets on the second Wednesday of the month. This month it will meet on September 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.

**Hearing Presentation and Tests** Audiologist, Kristin Jollie, MS, CCC-A, FAAA of Ascent Audiology & Hearing will be providing free 10 minute hearing screenings at Swift from 11:00-12:00 p.m. Appointments are required— call Charlotte at 886-8669 Ext. 1.

**New Medicare Card Scam Alert** Medicare recipients will receive a new Medicare card in the mail between April 2018 and April 2019. Your new Medicare card will NOT have your Social Security number. This will help protect your identity. Please understand that mailing everyone a new card will take time. Your card might arrive at a different time than your friend's or neighbor's. You do not need to do anything. Your new card will be mailed automatically. If someone calls you and says they need to confirm your identity or your Medicare number, it is a **SCAM**. If you receive a call from someone and you are just not sure, please hang up and call the RI Senior Medicare Patrol at (401) 462-0931 to report the call. Help is always free and confidential. Never give your information to anyone who calls you on the phone or comes to your door!

### **All Nurse Clinics include blood pressure and heart rate checks:**

Amy Craig from WellOne in North Kingstown will be at Swift on Friday, September 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, September 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, September 18th 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, September 26th from 12:15-1:15 p.m.

# SEPTEMBER 2018: LUNCH MENU

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

<p><b>PLEASE INFORM YOUR SERVER IF YOU HAVE A FOOD ALLERGY MENU SUBJECT TO CHANGE</b></p> <p><i>*Alternate Meal</i></p>	<p>Lunch is served at noon (\$3 suggested donation). To make a reservation, please call 886-8669 ext. 1. Reservations are required by <b>WEDNESDAYS</b> for the following week.</p>	<p><b>WESTBAY COMMUNITY ACTION</b></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><b>GRAINS – 2 ounces</b>  <b>VEGETABLES – 1/2 cup</b>  <b>FRUITS – 1/2 cup</b>  <b>PROTEIN – 3 ounces</b>  <b>DAIRY – 1 cup</b></p>
<p>3 Meals Sites Closed</p>  <p><b>Labor Day</b></p>	<p>4 <b>LABOR DAY MEAL</b></p> <p>Escarole and Bean Soup          Cranberry Balsamic Chicken          Roasted Potato          Baby Carrots          *Meatball Sandwich on Wheat</p>	<p>5</p> <p>Tomato Soup          Stuffed Shells          Green Beans          Wheat Garlic Bread          *Tuna Salad Sandwich on Wheat</p>	<p>6</p> <p>Chicken Soup          Beef Bourguignon          Tossed Salad          Whole Grain Corn Bread          *Turkey and Swiss on Wheat</p>	<p>7</p> <p>White Beans with Bread          Cod Florentine          Cauliflower          Brown Rice Pilaf          *Chef Salad</p>
<p>10</p> <p>Mushroom Barley Soup          Open Chicken Pot Pie          Mashed Potatoes          Wheat Biscuit          *BLT on Wheat</p>	<p>11</p> <p>Cesar Salad          Cheese Lasagna w/Meat Sauce          Roasted Zucchini          Whole Wheat Roll          *Seafood Salad on Wheat</p>	<p>12</p> <p>Fresh Fruit          Ham w/Gravy          Roasted Potato          Peas &amp; Carrots/Wheat Roll          *Cobb Salad</p>	<p>13</p> <p>Kale and Bean Soup          Roast Beef w/Gravy          Mashed Cauliflower          Sliced Carrots          *Chicken Cesar Salad</p>	<p>14</p> <p>Hummus w/Pita Chips          Chicken Kabobs w/Veggies          Rice Florentine          Tomato Salad          *Cheeseburger on Wheat</p>
<p>17</p> <p>Vegetable Soup          Meatball &amp; Sausage Sandwich          On Whole Wheat Roll          Cole Slaw/Chips          *Spinach Salad w/Chicken</p>	<p>18</p> <p>Strawberries and Mango Salad          Oven Fried Chicken          Mashed Potato          Brussel Sprouts          *Roast beef on Bulkie</p>	<p>19</p> <p>Red Clam Chowder          Fish Sandwich on Wheat Roll          Pasta Salad          Spinach          *Pastrami Rubeen on Rye</p>	<p>20</p> <p>Split Pea Soup          Chicken Marsala          Roasted Potato          Broccoli          *Stuffed Tomato w/Tuna</p>	<p>21</p> <p>French Onion Soup          Brisket Tacos w/Salsa          Brown Rice/Corn          Whole Grain Tortilla          * Italian Grinder</p>
<p>24</p> <p>Tossed Salad          Mac &amp; Cheese w/Ham &amp; Peas          Roasted Eggplant          Whole Wheat Roll          * Egg Salad on Wheat</p>	<p>25 <b>BIRTHDAY PARTY MEAL</b></p> <p>Italian Wedding Soup          Pot Roast w/Gravy          Mashed Potato          Green Beans          *Turkey Club on Wheat</p>	<p>26</p> <p>Fresh Fruit          BBQ Chicken Thighs          Macaroni Salad          Carrot Salad/Whole Wheat Roll          * Seafood Salad Plate</p>	<p>27</p> <p>Minestrone Soup          Meat Pie          Roasted Sweet Potato          Baby Carrots          * Greek Salad w/Chicken</p>	<p>28</p> <p>Roasted Cauliflower Soup          Fish Bake w/Potatoes and Corn          Baked Beans          Whole Wheat Roll          *Chicken Salad Plate</p>



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**401-471-6060**

[www.stelizabethcommunity.org](http://www.stelizabethcommunity.org)



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Call **401-471-6060**

# SEPTEMBER 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

**Sing-A-Long Group** This group will be starting up again in September if there are at least 5 members who want to join. No experience necessary, just a love of music! Join Gen Meegan every other Monday 10:30-11:30 a.m. Contact Charlotte to register!

**Cyber Seniors** will continue in September. Sign up for one hour slots at 9, 10 or 11 a.m. Registration required - contact Charlotte @ 886-8669 ext. 1

**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!

## Tuesdays continued

**Writing Workshop** Like to write poetry, fiction or maybe a memoir? Pat LaRose will lead this group which will meet 1-2:30 p.m. Contact Charlotte for dates.

**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)

**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

**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. in the dining room. 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 September 19th from 10-11 a.m. No registration required.

## Wednesdays continued

**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 it will be on August 22 from 10-11am No registration required.

**Hi Lo Jack Tournament** Wednesdays 1:00 - 3:00 p.m. **A 15 week session will begin on August 1st.** Participants must know how to play and have experience playing by league tournament rules. The fee is \$5 per person. Pre-registration is required, please contact Charlotte Markey at 886-8669.

## 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.



## East Greenwich Community Center Newsletter

### Coming in October...

**Flu Clinic** Held at Swift on October 5 from 1:00-4:00 p.m.

**Wreath of the Month Club** (dates to be determined)

**Hearing Aid Check Beltone**

**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 Melaine Potrzeba 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.

### **September 5th, 11th, 19th, & 26th: Shopping from 1:00 to approximately 3:00 p.m.**

The bus begins picking up passengers at 1:00 p.m. and takes them to the following destinations:

**1st Stop:** Stop & Shop Plaza on Frenchtown Road in North Kingstown

**2nd Stop:** T.J. Maxx Plaza on Post Road in North Kingstown

**3rd Stop:** Dave's Market Plaza in Quonset, North Kingstown

Passengers choose the plaza they would like to visit, but it is not possible to visit multiple plazas. Passengers will have approximately one hour and 30 minutes at the Stop & Shop Plaza, one hour and 20 minutes at the T.J. Maxx Plaza and one hour and 15 minutes at the Dave's Market Plaza.

### **~ September 12th: Bristol Audubon Nature Center ~**

The Audubon Nature Center & Aquarium is a natural history museum offering interactive exhibits that explore local habitats and wildlife found in the Ocean State. Visitors discover creatures that live in a tidepool, observe marine life from Narragansett Bay, visit with Red-tailed Hawks, and peek inside a 33-foot life size model of a North Atlantic Right Whale.

The Center is situated on the 28-acre [Claire D. McIntosh Wildlife Refuge](#). It has easy walking trails that start in upland meadows and wind to a ¼ mile boardwalk through fresh and saltwater marshes with a majestic view of Narragansett Bay.

The bus will leave Swift at 10:00 a.m. and return after lunch. The cost is \$10.00 per person followed by lunch on your own. Contact Melaine at 886-8669 Ext. 3 by September 10th to register.

### **Friday Retail Shopping Trips: Pick up begins at 9:00 a.m.**

**September 7th:** Warwick Mall/Food Court

**September 14th:** Coventry Walmart/Denny's

**September 21th:** Goddard Park Farmer's Mkt/Four Brothers' Pizza

**September 28th:** Olde Mistick Village/Mystic Diner



# ***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 Melaine Potrzeba 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
  - Select retail stores: Wednesdays
- ### **Thursdays**
- Transportation to Stop & Shop
- ### **Fridays**
- Day trips and retail shopping

## **Grocery Shopping**

The bus begins picking up passengers every Thursday at 8:45 a.m. and takes them to Super Stop & Shop on Frenchtown Road. Shoppers are allowed 1 hour and 15 minutes in the market and a maximum of 6 reusable canvas shopping bags.

## **Retail Shopping & Trips:**

The bus begins picking up passengers at 1:00 p.m. on Wednesdays and 9:00 a.m. on Fridays. The fee is \$2 p/trip or a monthly bus pass.

### **Shopping:**

- **Sept 5, 11, 19, & 26:**  
Stop & Shop Plaza, TJ Maxx Plaza & Dave's Plaza

### **Trips:**

- **Sept 7th:** Warwick Mall/Food Court
- **Sept 12th:** Bristol Audubon/Lunch
- **Sept 14th:** Coventry Walmart
- **Sept 21st:** Goddard Park Farmers' Mkt/Four Brothers' Pizza
- **Sept 28th:** Olde Mistik Village/Mystic Diner