



EAST GREENWICH

COMMUNITY CENTER NEWSLETTER

Volume 15 • No. 6

June 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.

From the Senior Center Manager: Our Mother's Day Luncheon was a great success! We had almost 100 seniors here to enjoy stuffed chicken breast w/veggies and Atria Harborhill provided delicious cupcakes for dessert made by their head chef Joe! Our next coffee chat which will be on June 7th @ 10:00 a.m. I hope to see you there!

Father's Day Luncheon: June 13th 12-1 p.m. No ticket required. Sign up by June 5th with Lynn at 886-8669 ext. 5

Annual Summer Cookout: Tuesday June 25th 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 May 8th through June 18th or until sold out.

R.I. Legal Services Elder Protection Project Presentation: June 19th 1-2 p.m. Attorneys Steven Bagian and Eric Bither will be presenting an informational outreach. They will provide information about : Scams, Financial Exploitation, and How to Avoid Fraud. They will also discuss Power of Attorney for Healthcare and/or Financial & Living Wills and how each document is different. Sign up with Charlotte @ 886-8669 Ext. 1

Attention Language Teachers: We are looking for someone who would be willing to teach beginning French and/or Spanish here at the center. It would be one day a week for an hour. If you think you might be interested, please give Charlotte a call at 886-8669 Ext. 1.

Movie of the Month We will show a free movie at Swift on Friday, June 7 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 meet June 24th at 1:30 p.m. They will be discussing **Eleanor Oliphant is Completely Fine**: A Novel by Gail Honeyman. Ten copies of the book will be available at the front desk starting May 15th. New members are welcome!

New!! Chess/Checkers Club: Want to learn how or play a game? Instructors available on Tuesdays 1-2 p.m. or Wednesdays 10-11 a.m. Contact Charlotte @ 886-8669 Ext. 1 for info.

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.

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.

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.

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.

Philosophy Club: Bob Houghtaling will lead this fun group twice a month on Wednesdays– this month it will be on June 5th & 19th from 9-10:30 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 once a month on Wednesdays. This month it will be on June 12th 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 June 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 June 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:

June 7th from 10am-11:45am: Amy Craig from WellOne of North Kingstown

June 13th from 10:30am-12pm: Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

June 18th 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.

June 26th from 12:15pm-1:15pm: Kathryn Holz, a registered nurse with All American



East Greenwich Community Center Newsletter

Coming in July & August

Cyber Seniors Returns! Days & Times to be determined. Sign up with Charlotte 886-8669 Ext. 1
Theatre by the Sea: Aug 8th "Newsies" Seating limited contact Maryjo 886-6869 Ext. 3 for details.

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.

Wednesdays: June 5, 12, 19, & 26:

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

Thursdays: June 6, 13, 20, & 27:

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

~Special Trip~

Clouds Hill Victorian House Museum- located right down the street from us -remains one of R.I.'s hidden treasures! This Victorian House offers a "portal to the past" that visitors have said surpasses some of the Newport mansions in terms of authenticity of its contents. A private home that has been opened to the public, it has remained in the family since it was originally built. Handicap accessible first floor and video of second floor for seniors who are unable to climb the stairs. June 28th @ 11:00 a.m. Tickets are \$8 at the door then lunch at Chelo's on your own afterwards.

Friday Trips:

June 7th: Coventry Walmart & Denny's pick up at 10 a.m.

June 14th: Goddard Park Farmers Mkt. & T's Restaurant pick up at 10 a.m.

June 21st: Warwick Mall, Target & Food Court pick up at 10 a.m.

June 28th: Clouds Hill Museum & Chelo's pick up at 11 a.m.



JUNE 2019: LUNCH MENU

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



<p>Reservations for lunch are required by the Wednesday of the week BEFORE. Call Lynn @ 886-8669 Ext. 5</p> <p>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Please notify your server of any allergies</p>		<p>Suggested donation is \$3.00 per meal</p>		<p>WESTBAY COMMUNITY ACTION 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 (401) 732-4660 Ext 325 with any questions or comments.</p>	
<p>3 Tomato Soup Swedish Meatballs Mashed Cauliflower Green Beans * BBQ Chicken Sandwich</p>	<p>4 Fruit Cup Roasted Chicken Thighs Roasted Zucchini Spinach Whole Grain Roll *Tuna Salad on Wheat</p>	<p>5 Chicken Soup Whole Grain Spaghetti w/Meat Sauce Tossed Salad Italian Bread *Italian Grinder</p>	<p>6 Split Pea Soup Honey Glazed Chicken Potato Wedges Brussel Sprouts *Seafood Salad on Wheat</p>	<p>7 Caprese Salad Pulled Pork on Wheat Cole Slaw Baked Beans *Cheeseburger on Wheat</p>	
<p>10 Minestrone Soup Lemon Chicken Rice Pilaf Baby Carrots *Meatball Grinder</p>	<p>11 Apple and Cranberry Salad American Chop Suey Tossed Salad Whole Wheat Roll *Turkey Club on Wheat</p>	<p>12 Peaches with Cottage Cheese Chicken Taco's w/Fixings Black Beans Brown Rice *Pastrami Rubeen on Rye</p>	<p>13 FATHER'S DAY MEAL Italian Wedding Soup Chuck Roast w/Gravy Mashed Potatoes Mixed Veg Whole Grain Corn Bread</p>	<p>14 Bean Salad Roasted Pork Loin w/Gravy Roasted Root Veggies Broccoli *Egg Salad Plate</p>	
<p>17 Tossed Salad BBQ Chicken Thighs Wax Beans Biscuit *Roast Beef on Bulkie</p>	<p>18 Cream of Broccoli Soup Fish Cake BLT on Whole Wheat Roasted Beets Cole Slaw *Chef Salad</p>	<p>19 Hummus w/Pita Chips Meatloaf w/Gravy Mashed Carrots Peas *Chicken Salad on Wheat</p>	<p>20 Greek Cucumber Salad Cheeseburgers Whole Wheat Roll Pasta Salad w/Veggies *Seafood Salad on Wheat</p>	<p>21 Vegetable Noodle Soup Pepper Chicken Garlic Noodles Eggroll *Cobb Salad</p>	
<p>24 Fruit Cup Meatball & Sausage Sandwich Whole Wheat Roll Three Bean Salad Potato Chips *Turkey & Swiss Sandwich</p>	<p>25 SUMMER COOKOUT AT THE E.G. FIREMAN'S ASSOCIATION TICKETS REQUIRED!</p>	<p>26 Greek Cucumber Salad Italian Beef Sandwich Whole Wheat Roll Mashed Cauliflower Sliced Carrots *Seafood Salad Plate</p>	<p>27 BIRTHDAY PARTY Vegetarian Chili Oven Fried Chicken Mashed Sweet Potato Green Beans Birthday Cup Cakes *BLT on Wheat</p>	<p>28 Tomato Soup Fish Baked in a Cream Sauce Potatoes & Onions Biscuit *Greek Salad w/Chicken</p>	



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www.stelizabethcommunity.org

Call 401-471-6060

JUNE 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

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.

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 \$1.50.

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!

Pickleball Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym. Call Charlotte for details.

Bring-Wing-Sing 2:00—3:30 pm Jeanne Chesnowitz leads this group. The class is a combined ukulele/sing along using your instruments. Classes are free. Register with Charlotte 886-8669 ext. 1.

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 Kettle 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)

Chess/Checkers Club 1:00-2:00 p.m. Come by for a game or learn how to play! All levels of skill are welcome. Call Charlotte for details.

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)

Pickleball Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym. Call Charlotte for details. welcome. Participants supply their own materials. (\$2 M / \$3 NM)

Wednesdays continued

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 June 5 & 19th from 9-10:30 a.m. No registration req.

Chess Club 1:00-2:00 p.m. Come and challenge your skills or just learn how to play! All levels are welcome. Call Charlotte if you plan on coming to be sure that the instructor will be here.

Hi Lo Jack Tournament 1:00 - 3:00 p.m. Participants must have experience playing by league tournament rules. Fee is \$1 per week. Pre-registration is required. 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. (\$2M/\$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 Friday

- 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.

June 5, 12, 19, 26:

Dave's Plaza N.K.

Shopping: Thursdays 9 a.m.

June 6, 13, 20, 27:

Stop & Shop Frenchtown Rd

Friday Trips:

•June 7th: Coventry Walmart & Denny's 10 am

•June 14th: Goddard Park Farmers' Mkt. & T's Restaurant 10am

•June 21st: Family Dollar 10am

•June 28th: Clouds Hill Museum & Chelo's 11 am