



EAST GREENWICH SENIOR SERVICES NEWSLETTER

Volume 17 • No. 5

May 2022

**THE SENIOR CENTER
PROVIDES SERVICES
FOR SENIORS 55+
AND ADULTS WITH DISABILITIES**

STAFF

Erin McAndrew

Senior Services Manager
401-886-8669 Ext. 3
emcandrew@eastgreenwichri.com

Roberta Dowding

Senior Transportation/
Program Coordinator
401-886-8669 Ext. 1
rdowding@eastgreenwichri.com

Judy Karam

Meal Site Coordinator
401-886-8669 Ext. 2
jkaram@eastgreenwichri.com

**If you would like to register
for lunch, please call
Judy @ 886-8669 Ext. 2**

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**

Check out the Community Services
& Parks Facebook page!
[https://www.facebook.com/
EGCommunityServices/](https://www.facebook.com/EGCommunityServices/)

From the Senior Services Manager:

Happy Mother's Day to all mothers and grandmothers! I hope you have a great Mother's Day! Please review the newsletter for information about programs, lunch and trips. Please contact our Department if you have any questions or would like to register for a program. - *Erin*

Monthly Movie •

We will show a movie on the first Friday of the month in the dining room at 1:15 p.m. The date for this month's movie is Friday, May 6th. Due to our movie licensing agreement, we are not able to advertise the title of the movie, but you can contact Roberta by phone or email during the first week of each month for the name of the movie.

Father's Day Luncheon, Thursday, June 16, 2022 •

Tickets for the Father's Day luncheon will go on sale on Monday, May 9, 2022. Please stop by Swift or call Judy at 886-8669, ext. 2. Tickets are a suggested \$3 donation per person. Tickets are on sale until Tuesday, June 7th or until sold out. Entertainment provided by Dick Lupino.

Blood Pressure Checks • No registration required.

- A registered nurse from The Seasons will offer blood pressure checks on Friday, May 13, 2022 from 12:30 p.m. - 1:30 p.m.
- Lisa Steedman from Visiting Nurses Services of Home Health Services will offer blood pressure checks on Tuesday, May 17, 2022 from 12:30 p.m. - 2:00 p.m.

Produce Box Program •

Produce boxes will be distributed at Swift on Wednesday, May 25, 2022 between 1:00 p.m. - 3:00 p.m. Participants must pick-up their box on May 25th or they can designate a person to pick-up the box. Please note that to participate in this program, you must have submitted a form to our office by April 14, 2022.

AARP Smart Driver Course •

A course will be offered at Swift on Wednesday, June 22, 2022 from 1:30 - 5:30 p.m. Successful completion of the course may qualify those 55 and older for a discount on auto insurance (please contact your insurance company for details). The fee for the class is \$20 for AARP members and \$25 for non-members. Pre-registration and payment are required by Tuesday, June 14, 2022. To register or for more information, please contact Roberta at 886-8669, ext. 1.

TABLE OF CONTENTS

Senior Information & Special Programs	Page 2
Transportation	Page 3
Special Programs	Page 4
Exercise Programs	Page 5
Programs & Activities	Page 6
Trips	Page 7
Trips Policy	Page 8
Monthly Menu	Page 9
Monthly Calendar	Back Cover

SENIOR INFORMATION

Volunteers needed! •

Our Department is in need of meal site volunteers. Volunteers usually donate hours one day per week from 11:00 a.m. - 1:00 p.m. Please contact Judy at 886-8669, ext. 2 if you would like to volunteer.

My Senior Center Scan Card •



If you do not have a scan card for My Senior Center, please stop by and the staff will make a card for you.

Newsletter Email List •



If you would like to receive the monthly newsletter by email, please send an email to Roberta at rdowding@eastgreenwichri.com.

SPECIAL PROGRAMS

Blood Drive Sponsored by the Rhode Island Blood Center •

There will be a Blood Drive at Swift on Monday, May 2, 2022 from 12:30 p.m. - 3:30 p.m. Donations are by appointment. Walk-ins are welcome if availability permits at time of arrival. To make an appointment, please visit www.ribc.org/drives. Please use sponsor code 0474 when registering.

Mah Jongg Lessons • [Pre-registration was required in April.]

Tuesdays, May 3 - June 7, 2022 (6 classes) from 1:30 p.m. - 3:30 p.m.

Instructor Carol Desforges is teaching beginners how to play the American version of Mah Jongg. The goal is for participants to learn how to be confident and strategic Mah Jongg players. Maximum # of participants: 8.

Framed Glass Garden Class • [Two spots available]

Friday, May 6, 2022 from 1:30 p.m. - 2:30 p.m.

Location: Heritage Gifts & Glass Studio, 5580 Post Road, East Greenwich.

Bus transportation is not available.

Cost: \$33. Pre-registration accepted with payment. Pre-registration required by Tuesday, May 3, 2022.

Once you arrive at Heritage Studios, you will pick your colors and learn to make a beautiful garden design using glass stringer, frit, sheet glass pieces and glass dots. Perfect for the beginner! You will construct your 6" x 8" design within one hour. You will need to return to the shop a few days later to pick up the piece after it has been fired in a kiln and assembled in a frame. Min. # of participants: 4 / Max. # of participants: 6.

Visiting Nurse Home & Hospice Speakers Series Part 2: Creating your own End-of-Life Plan •

Wednesday, May 11, 2022 from 1:30 p.m. - 2:30 p.m.

This presentation will review the medical care options you have as you age or face serious illness. You have the right to choose what treatments you want and who provides your care. We will explain the difference between the stages of palliative and hospice care and how both can provide a patient-focused and more comfortable journey for individuals facing a serious or terminal illness. Participants will receive a complimentary 5 Wishes workbook to take home and begin discussions on end-of-life planning. Registration is required, please call Roberta at 886-8669, ext. 1. Min. # of participants: 5 / Max. # of participants: 15.

TRANSPORTATION

TO REGISTER FOR TRANSPORTATION OR FOR MORE INFORMATION,
PLEASE CONTACT ROBERTA DOWDING AT 886-8669 ext. 1.

Transportation Information: Forms, Reservations and Bus Passes •

The Senior 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 homes. Passengers are required to have a completed application form on file. **Please contact Roberta Dowding at 886-8669, ext. 1 for an application or to make a reservation. Reservations require at least 48 business hours advance notice.** Bus fees are \$10.00 for a monthly bus pass or \$2.00 per trip. The monthly bus pass does not include special trips advertised on page six.

MAY 2022 TRANSPORTATION SCHEDULE

Schedule is subject to change.

Doctor & Dentist Appointments Only in East Greenwich •

Transportation is available on the following dates:

Monday, May 2, 2022 (Morning & Afternoon)	Monday, May 16, 2022 (Morning)
Tuesday, May 3, 2022 (Afternoon)	Tuesday, May 17, 2022 (Afternoon)
Monday, May 9, 2022 (Morning)	Monday, May 23, 2022 (Morning & Afternoon)
Tuesday, May 10, 2022 (Afternoon)	Tuesday, May 24, 2022 (Morning & Afternoon)

Grocery Shopping •

• Stop & Shop on Frenchtown Road in North Kingstown

Wednesdays, May 4, 11 & 18, 2022. Pick-up begins at 1:15 p.m.

Wednesday, May 25, 2022. Pick-up begins at 8:45 a.m.

• Dave's Marketplace in East Greenwich

Wednesday, May 11, 2022. Pick-up begins at 8:45 a.m.

• Aldi in Warwick

Friday, May 20, 2022. Pick-up begins at 1:15 p.m.

• Market Basket

Thursday, May 26, 2022. Pick-up begins at 1:15 p.m.

Lunch at Swift •

Transportation is available to and from Swift for the noon lunch program Monday - Friday. Lunch transportation is not available on Tuesday, May 3, Wednesday, May 4, Friday, May 6, Friday, May 27 & Tuesday, May 31.

Programs at Swift •

Transportation is available to and from Swift for programs such as Stretch & Tone and Chair Yoga. For more information about the monthly schedule or to reserve a ride, please call Roberta at 886-8669, ext. 1.

Retail Shopping •

Friday, May 13, 2022: Post Road errand run. Pick-up begins at 1:15 p.m.

Wednesday, May 18, 2022: Job Lot in North Kingstown. Pick-up begins at 1:15 p.m.

Friday, June 3, 2022: Farmer's Market at Goddard Park. Pick-up begins at 9:30 a.m.

PLEASE SEE PAGE 7 FOR INFORMATION ABOUT SPECIAL MONTHLY TRIPS

SPECIAL SPRING & SUMMER PROGRAMS 2022

Cane & Walker Safety Check with Jonathan Walker •



Thursday, May 12, 2022 from 10:00 a.m. - 11:00 a.m.

If you use a cane, walker or other device for balance you can make an appointment to see Jonathan Walker, a licensed physical therapist for a free 10 minute assessment of how your safety device fits. He can make an adjustment, if needed. Please call Roberta at 886-8669, ext. 1 to register. Maximum # of participants: 4.

Ask-a-Lawyer Clinic Appointments • [FULL]

Thursday, May 26, 2022 from 10:00 a.m. - 12:00 p.m. Maximum # of participants: 5.

Tracy Loignon, an attorney from the Rhode Island Bar Association, is offering free 20 minute appointments.

Oak Street Health Craft Workshops

Thursdays, June 2 & 9, 2022 from 2:00 p.m. - 3:30 p.m. Instructor Maria Carnevale from Oak Street Health.

Cost: \$2 for residents per class / \$3 for non-residents per class. All craft materials supplied by instructor.

Pre-registration and payment required by Friday, May 27, 2022. Call Roberta at 886-8669, ext. 1 to register.

June 2nd: Flower Pot - paint a small flower pot and then plant seeds.

June 9th: Summer Wreath - decorate a wreath with artificial flowers to brighten your front door.



Minimum # of participants: 5. Maximum # of participants: 15.

Ship Shape (Fitness for the Mind and Body) with Kathy Webster •



Tuesday, June 7, 2022 from 2:30 p.m. - 3:30 p.m.

Cost: \$2 for residents / \$3 for non-residents.

Pre-registration and payment required by Friday, June 3, 2022. Please call Roberta at 886-8669, ext. 1.

This one-time exercise class will offer stretching and strength training. Chairs will be used for balance.

This class is being sponsored by Oak Street Health. Min. # of participants: 5. Max. # of participants: 30.

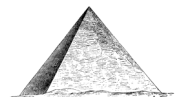
Visiting Nurse Home & Hospice Speakers Series Part 3: Grieving Loss - Coping with Life Changes •



Wednesday, June 8, 2022 from 1:30 p.m. - 2:30 p.m.

The loss of a loved one, or a cherished pet are the most obvious forms of grief. But did you know that having diminished eyesight, hearing loss, or mobility challenges can also cause you to have a grief response as you cope with these unwanted changes? Join us in a group discussion with a trained grief and loss specialist. This workshop will offer support and tools for managing change with coping skills for all stages of the grief process. Registration is required, call Roberta at 886-8669, ext. 1. Min. # of participants: 5. Max. # of participants: 15.

Armchair Travel: The New Seven Wonders of the World •



Wednesdays, July 6, 13, 20 & 27, 2022 from 1:30 p.m. - 2:45 p.m. Presented by Marilyn Harris

Cost: \$10 for residents / \$15 for non-residents. Pre-registration and payment required by June 24, 2022.

In 2000 Canadian-Swiss Bernard Weber initiated a campaign to compile a modern list based on an internet poll of over 5 million people throughout the world. In this 4-week class we will visit (virtually, of course) the New Seven Wonders of the World. Registration is required, please call Roberta at 886-8669, ext. 1.

Minimum # of participants: 5. Maximum # of participants: 15.

Music Appreciation with Lloyd Kaplan & Tom Shaker: Songs of the Decades 1920 - 1950's •



Wednesdays, August 10, 17 & 24, 2022 from 1:30 p.m. - 2:30 p.m.

Cost: \$5 for residents / \$10 for non-residents. Pre-registration and payment required by July 29, 2022.

Join Lloyd Kaplan and Tom Shaker for the history behind some of the songs from the 1920's - 1950's. Participants will listen to songs and view photographs of musicians and musical performances. Registration is required, please call Roberta at 886-8669, ext. 1. Min. # of participants: 5. Max. # of participants: 15.

EXERCISE PROGRAMS

Pickleball • Seasonal Program

Mondays, Tuesdays & Wednesdays at 9:30 a.m.

Location: Academy Field Basketball Courts

Impromptu games will begin Monday, May 2, 2022 and be offered until late October. Play a round, meet new friends and enjoy the outdoors! Racquets and balls available at Swift. No program 5/30.

Goddard Park Walk and Talk 55+ •

Mondays at 8:30 a.m., weather dependent.

No walk 5/30.

Location: Parking lot behind the Goddard Park check-in station.

This drop-in group is for anyone 55+ interested in making new friends, beautiful scenery and getting more exercise. Goddard Park offers a safe place for walking and the emphasis will be on healthy exercise and socialization, so anyone looking to get outside and get in better shape is welcome to join. Be sure to wear good walking sneakers.

Sit to be Fit •

Mondays from 1:15 p.m. - 2:15 p.m. No class 5/30.

Location: Dining Room **Instructor:** Susanna Bodell

Cost: \$2 Residents / \$3 Non-residents

With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

Yoga •

Tuesdays from 8:45 a.m. - 9:45 a.m.

Location: Gym **Instructor:** Linda Morse

Cost: \$2 Residents / \$3 Non-residents

The basic 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 from 10:00 a.m. - 10:45 a.m.

Wednesdays from 11:00 a.m. - 11:45 a.m.

Location: Gym **Instructor:** Daryl Brazo

Cost: \$2 Residents / \$3 Non-Residents

Exercises to help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.

Chair Yoga • Tuesdays from 11:00 a.m. - 12:00 p.m.

• Wednesdays from 1:00 p.m. - 2:00 p.m. No class 5/11.

Location: Gym **Instructor:** Linda Morse

Cost: \$2 Residents / \$3 Non-residents

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.

Country Western Line Dancing •

Tuesdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Jackie Willsie

Cost: \$2 Residents / \$3 Non-residents

This class will keep you moving to country western songs. If you enjoy line dancing, you'll love this class!

Indoor Walking Club •

Tuesdays from 2:30 p.m. - 3:30 p.m.

Wednesdays from 2:30 p.m. - 3:30 p.m.

Drop by and use the gym to walk (at your own pace).

Zumba • Thursdays from 1:00 p.m. - 2:00 p.m.

Location: Gym **Instructor:** Jackie Willsie

Cost: \$2 Residents / \$3 Non-residents

Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach routines that incorporate interval training. At the Frenchtown Recreation Building on 5/5.

Tai Chi Long Form Yang Style • [FULL]

Thursdays from 2:30 p.m. - 3:30 p.m.

5/12 - 6/23 (6 classes). No classes 5/5 & 6/16.

Location: Gym or Dining Room

Instructor: Jane Gemma

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible, bones and muscles strong.

Circuit Fitness • Fridays from 11:00 a.m. - 11:45 a.m.

Location: Gym **Instructor:** Michelle Anderson

Cost: \$2 Residents / \$3 Non-residents

Low impact exercises mixed with upper body and lower body strength training. These exercises will help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.

PROGRAMS

Computer Room •

The room is open Thursdays and Fridays from 8:30 a.m. - 4:30 p.m. for computer use and internet connections.

Cyber Seniors •

Location: Computer Room

One-on-one tutoring with a URI student will be offered in July and August. Schedule to be determined. Participants can register for private, 50 minute appointments, one day per week. Please call Roberta at 886-8669 ext. 1 to be placed on a waiting list. Once our Department confirms the days and times the student is available, we will contact you to schedule an appointment.

Art Class •

Wednesdays from 9:00 a.m. - 11:00 a.m.

Location: Dining Room

Instructor: Jeannine Anderson

Cost: \$2 Residents / \$3 Non-residents

All levels are welcome 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 must supply their own materials.

Philosophy Club •

2nd and 4th Wednesdays of the month:

Wednesdays, May 11 & 25, 2022

from 9:00 a.m. - 10:30 a.m.

Location: Game Room

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.

Caregivers Support Group •

Third Friday of every month, May 20, 2022 on Zoom from 10:00 a.m. - 11:00 a.m. Please contact Deb Burton at 401-585-0509 or deb@rielderinfo.com for more information or to register.

ACTIVITIES

Bridge • Mondays & Tuesdays from 9:00 a.m. - 11:30 a.m. in the game room. This entertaining card game combines strategy and skill to beat your opponents. No program 5/30.

BINGO • This program meets on the second and fourth Mondays, May 9 & 23, 2022 from 1:00 p.m. - 3:00 p.m. in the gym. A set of bingo cards is \$3. A bingo marker is \$1.50. For more information, please contact Erin at 886-8669, ext. 3

Mah Jongg • Mondays from 1:00 p.m. - 3:00 p.m. in the game room. This tile-based game was developed in the 19th century in China. No program 5/30.

Scrabble • Tuesdays from 9:30 a.m. - 11:30 a.m. in the game room. Come and join fellow "wordsmiths!"

Knitting • Fridays from 9:00 a.m. - 11:00 a.m. in the dining room. Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function and improved health through social contact. All skill levels are welcome.

Cribbage • Fridays from 9:00 a.m. - 11:30 a.m. in the game room. This card game involves playing and grouping cards in combinations which gain points.

Canasta • Fridays from 12:00 p.m. - 3:00 p.m. in the game room. This card game resembles rummy, but uses two decks. Participants must have a basic knowledge of the game.

Quilting • Second Friday of the month, May 13, 2022, from 1:30 p.m. - 3:30 p.m. in the dining room. Share your passion for fabric, sewing, and color.



TRIPS

TRIP RESERVATIONS ARE REQUIRED AND SEATING IS LIMITED.

TO REGISTER OR FOR MORE INFORMATION, PLEASE CONTACT ROBERTA AT 886-8669 ext. 1.

RI Resource Recovery Corporation & Hibachi Grill & Buffet in Warwick: Friday, May 6, 2022 • [FULL]

Departs Swift at 9:30 a.m. / Returns at approximately 2:30 p.m. Max. # of participants: 19.



I Scream, You Scream, We All Scream For Ice Cream •

Cost: \$3 for transportation (trip is not covered by monthly bus pass) and the cost of your ice cream.



Reservations accepted with payment. Register with Roberta at least one week in advance of each trip.

We hope you can join us this year for ice cream adventures! On five Monday afternoons from May to September, we will depart the Swift parking lot at 1:30 p.m. and journey to 5 different local ice cream shops. Please note that all trip locations are subject to change. (*Moderate walking and standing*)

May 16th: Next to Nowhere Creamery in Exeter

June 20th: Sundaes in Cranston

Newport Art Museum & lunch on own at the Oak Hill Tavern in North Kingstown: Friday, June 10, 2022 •



Cost: \$17 plus lunch on own. Deadline to register is Friday, June 3, 2022.

The Newport Art Museum is housed in two historical buildings on Bellevue Avenue. It was founded in 1912 and is one of the oldest continuously operating and highly regarded art museums of its kind in the country. Our 1-hour docent guided tour will take us through the museum. Afterwards we will have lunch at the Oak Hill Tavern in North Kingstown. Trip participants will order off the menu and receive separate bills. Bills will include tax and gratuity. (*Considerable Walking*) **Departs Swift at 9:30 a.m. / Returns at approximately 2:30 p.m. Reservations accepted with full payment. Minimum # of participants: 10. Maximum # of participants: 15.**

Newport Playhouse and Cabaret Restaurant, Murder at Howard Johnsons: Wednesday, July 13, 2022 •



Cost: \$75 East Greenwich Resident / \$80 Non-Resident.

Reservations accepted beginning Monday, May 2, 2022 at 9:00 a.m. with full payment. Reservation deadline is Wednesday, June 15, 2022. A refund will only be issued after June 15th if we are able to resell the ticket.

Is all fair in love? Even murder? That's the question posed by this light and funny suspense comedy about a love triangle in a Howard Johnson Motor Inn. The play presents a love triangle involving a woman, her lover, and her husband in three scenes. In the first scene, the wife and her lover plot to murder the husband. In the second scene, the wife and her husband plot to murder the lover. The third scene has the husband and the lover plotting to murder the wife, but this attempt, like the others, fails. (*Minimal Walking*)

Registration is accepted by Roberta Dowding at the Swift Community Center, 886-8669, ext. 1 or Rachel Arbige at the Frenchtown Recreation Building, 886-8626, ext. 2. Registration can also be completed online at egrecreation.recdesk.com. Please note that there is a 2% processing fee if you pay by credit card when registering on EG Rec Desk. Cost includes transportation, buffet lunch, the play and the renowned Newport Playhouse post-show cabaret. Trip is open to adults ages 21 and older. Trip location is subject to change due to the Newport Playhouse's scheduled reopening date of July 10, 2022.

Bus departs the United Methodist Church parking lot at 1558 South County Trail at 10:00 a.m. Please park in the lot in front of the church. / Returns at approximately 5:00 p.m. Maximum # of participants: 34.

Cinderella at Theatre by the Sea & Lunch: Thursday, August 4, 2022 •



Cost includes bus, lunch and a 2:00 p.m. matinee: \$90 East Greenwich Resident / \$95 Non-Resident.

Reservations accepted with \$50 deposit. Balance due by Monday, June 20, 2022. Refund will only be issued after June 20th if we are able to resell the ticket. Departs at 11:00 a.m. / Returns at approximately 5:30 p.m. Details in the June newsletter. Min. # of participants: 10. Max. # of participants: 20. (*Minimal Walking*)

TRIPS POLICY

East Greenwich Senior Services Policy for Trip Participants

RESERVATIONS: Each scheduled trip will be advertised in the monthly Senior Services newsletter. Included in the description is the deadline for making a reservation, the minimum and maximum number of participants needed to offer the trip and the monetary amount required to hold the reservation.

DEPOSITS:

Reservations are accepted on a first come, first serve basis upon the receipt of the required payment for the trip.

Payment can be made with a check or cash at the Swift Community Center.

Telephone reservations can be made by calling 401-886-8669 ext. 1. Reservations will be held for five business days. If the required payment is not received by this deadline, the reservation will be cancelled.

If the number of reservations does not meet the minimum required, the trip will be cancelled and all payments refunded.

FINAL PAYMENT: Final payment must be received by the deadline stated in the trip description or you risk forfeiting any money that you have paid towards the trip. Participants are responsible for meeting this deadline.

CANCELLATIONS BY PARTICIPANTS: A cancellation is processed when the participant contacts Senior Services in person or by calling 401-886-8669 ext. 1. Deposits/payments will be returned if the cancellation is made before the **Balance Due Date**.

*Refunds will be made based upon when the cancellation occurs:

At least 10 business days before the trip - Full Refund

5-9 business days before the trip - 50% Refund

4 or fewer business days before the trip - No Refund

Full refunds for cancellations with 9 or fewer days will be made only if the reserved space can be resold to another participant.

*After the Balance Due date, if tickets have been purchased by Senior Services for the trip, no refunds will be given unless the reserved space can be resold to another participant. This also includes if your cancellation changes the trip group rate.

PHYSICAL CAPACITY REQUIREMENTS:

Participants are made aware of the degree of physical difficulty (e.g. amount of walking required) when the trip is advertised. Participants must notify the Senior Services staff of any physical limitations that might affect their participation in the trip activities.

TIPPING POLICY:

Bus Drivers: working for the Town of East Greenwich are prohibited from accepting tips.

Restaurant Waitstaff: If the cost of the meal is included in the trip price, then tipping is not necessary unless you feel so inclined. If the cost of the meal is not included in the trip price (e.g. lunch on own), a tip of 18% or more should be given to the waitstaff.

All trips depart from the Swift Community Center parking lot (unless otherwise noted). It is requested that trip participants not park in the spaces directly in front of the building. There is ample parking in the lower lot, to the left of the building, and in front of the playground, to the right of the building.

Trips Policy Created 2/2022

MAY 2022 MENU

Suggested donation is \$3.00 per meal. Thank you for your donation!

**Funded in part by the United States Administration on Aging
and state funds by the Rhode Island Office of Healthy Aging.**


MENU SUBJECT TO CHANGE

Meals are served at the Swift Community Center, Monday - Friday at noon.

Meal site orders must be submitted by noon on Wednesday for the following week.

To place an order for lunch, please call Judy at 886-8669, ext. 2.

Our meals are created by Encore Catering in Warwick.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Vanilla Yogurt Scrambled Eggs Bacon & Sausage Home Fries Banana Bread (Ham, Egg & Cheese on a Bagel)	3 Kale & Bean Soup Baked Rigatoni with Meatballs & Sausage Tossed Salad Garlic Bread & Fruit (Chicken Salad on Wheat Bread)	4 Greek Cucumber Salad Sloppy Joe on a Whole Wheat Roll Vegetable Salad Cookie (Egg Salad on Wheat)	5 TICKET REQUIRED Italian Wedding Soup Stuffed Chicken Breast Delmonico Potatoes Green Beans & Carrots Cupcake (Turkey on Rye Bread)	6 Tomato Soup Beef Casserole over Cheesy Buttered Pasta Mixed Vegetables Roll & Sliced Pears (Seafood Salad on a Wheat Roll)
9 Fruit Cup Grilled Chicken Brown Rice Pilaf Green Beans Roll & Cookie (Egg Salad on Rye)	10 Black Bean & Couscous Salad Meatball Sandwich Zucchini & Carrots Roll & Apple Slices (Chicken Salad on a Wheat Roll)	11 Chicken Soup Chicken Scallopini Mashed Potatoes Sliced Carrots Roll & Fruit (Turkey on Rye Bread)	12 Tomato Soup Beef Patty with Onion & Mushroom Gravy Peas & Carrots Roll & Peaches (Ham & Cheese on Wheat Bread)	13 Caesar Salad American Chop Suey Roasted Zucchini Garlic Bread Cookie (Salami Ham & Cheese on a Roll)
16 Chopped Salad Pub Cheese Burger Cole Slaw Wheat Roll Cookie (Ham & Swiss on a Wheat Roll)	17 Navy Bean Soup Chicken Vesuvio with Potatoes, Peas & Mushrooms Wheat Roll Pudding (Corned Beef on Rye)	18 Beet Salad Swedish Meatballs Mashed Potatoes Sliced Carrots Bread & Sliced Fruit (Salami & Cheese on a Wheat Roll)	19 Chicken Soup Pork Roast with Gravy Sweet Potatoes Rye Bread Cake (Turkey on Multi-grain Bread)	20 Greek Salad Sausage & Pepper Sandwich on Wheat Italian Green Beans Sliced Pears (Seafood Salad on a Wheat Roll)
23 Vegetable Soup Breaded Chicken with Gravy Sweet Potatoes Wax Beans Roll & Pudding (Egg Salad on a Roll)	24 Lentil Soup Eggplant Bolognese Rice Pilaf Zucchini & Carrots Fruit (Turkey on Multi-grain)	25 Greek Cucumber Salad Chicken Cacciatore Mashed Potatoes Garlic Bread & Fruit (Chicken Sandwich on a Wheat Roll)	26 Minestrone Soup Pot Roast with Gravy Mixed Vegetables Mashed Potatoes Cookie (Corned Beef on Rye)	27 Black Bean & Couscous Salad Baked Chicken Roasted Potatoes Mixed Vegetables Garlic Bread & Pudding (Seafood Salad)
30 CLOSED IN OBSERVANCE OF MEMORIAL DAY 	31 Onion Soup Balsamic Pork Loin Green Beans & Carrots Mashed Potatoes Wheat Roll & Cake (Turkey on a Wheat Wrap)		All menu items may contain nuts, seeds, beans, wheat bran & other allergens. Please inform our staff of any food allergies when placing an order.	SERVING SIZES: Dairy - 1 cup Fruits - 3/4 cup Vegetables - 3/4 cup Grains - 2 ounces Protein - 3 ounces (cooked)

EAST GREENWICH SENIOR SERVICES MAY 2022 CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 12:30 Blood Drive 1:00 Mah Jongg 1:15 Sit to be Fit	3 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Walking Club	4 9:00 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 2:30 Walking Club	5 12:00 Mother's Day Luncheon 1:00 Zumba at Frenchtown Recreation Bldg.	6 9:00 Knitting 9:00 Cribbage 9:30 RIRRC Trip 11:00 Circuit Fitness 12:00 Canasta 1:15 Movie 1:30 Stained Glass at Heritage Studio
9 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:15 Sit to be Fit	10 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Walking Club	11 9:00 Philosophy Club 9:00 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:30 End of Life Plan 2:30 Walking Club	12 10:00 Cane & Walker Safety Checks 1:00 Zumba 2:30 Tai Chi [FULL]	13 9:00 Knitting 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta 12:30 Blood Pressure 1:30 Quilting
16 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Mah Jongg 1:15 Sit to be Fit 1:30 Ice Cream Trip	17 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 12:30 Blood Pressure 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Walking Club	18 9:00 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 2:30 Walking Club	19 1:00 Zumba 2:30 Tai Chi [FULL]	20 9:00 Knitting 9:00 Cribbage 10:00 Caregivers Zoom Meeting 11:00 Circuit Fitness 12:00 Canasta
23 8:30 Walking at Goddard Park 9:00 Bridge 9:30 Pickleball 1:00 Bingo 1:00 Mah Jongg 1:15 Sit to be Fit	24 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Walking Club	25 9:00 Philosophy Club 9:00 Art Class 9:30 Pickleball 11:00 Stretch & Tone 1:00 Chair Yoga 1:00 PRODUCE BOX DISTRIBUTION 2:30 Walking Club	26 10:00 Law Appts 1:00 Zumba 2:30 Tai Chi [FULL]	27 9:00 Knitting 9:00 Cribbage 11:00 Circuit Fitness 12:00 Canasta
30 CLOSED IN OBSERVANCE OF MEMORIAL DAY 	31 8:45 Yoga 9:00 Bridge 9:30 Scrabble 9:30 Pickleball 10:00 Stretch & Tone 11:00 Chair Yoga 1:00 Line Dancing 1:30 Mah Jongg [FULL] 2:30 Walking Club		Program Locations: All programs are located at the Swift Community Center, unless otherwise noted.	Seasonal Program: Pickleball is offered on Mon., Tues & Wed. at 9:30 a.m. on the basketball courts behind Swift from May - October. Please see page 4 for more information.