



# EAST GREENWICH COMMUNITY CENTER NEWSLETTER

Volume 15 • No. 8

August 2019

THE COMMUNITY  
CENTER SERVICES  
SENIORS 55+  
AND ADULTS WITH  
DISABILITIES

## STAFF

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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 Center will be closed August 12th for the Holiday

**From the Senior Center Manager:** Our March membership registration month was a big success. Over 400 seniors have signed up or renewed their memberships! Remember, it's not too late for you to support our Senior Center. It is only \$5.00 to join and that entitles you to our monthly newsletter and \$1.00 off any exercise class that you attend. You can drop by or mail in your check payable to "Town of East Greenwich" and mail to : Town of East Greenwich, Attn: Senior Services , P.O. Box 111, East Greenwich, RI 02818.

Our next coffee chat will be on August 2nd @ 10:00 a.m. Please drop by to enjoy a cup of coffee and pastry and share your ideas!

**AAA Defensive Driving Program** will be offered at Swift on Wednesday, August 21st from 1:00 - 4:30 p.m. Successful completion of the course qualifies those 55 and older for a discount on auto insurance. The Program is **free of charge** and no "Behind-the-wheel" driving involved. Register by calling Charlotte @ 886-8669.

**Poetry Reading:** August 28th 1:00-2:00 p.m. Robert Fish, a retired Warwick resident will read from some of his poetry. Robert began writing when he was 45 years old and was doing a lot of traveling. He has created a variety of styles and themes and loves to share his work with others.

**Hearing Tests** August 19th from 10:30-11:30 by Audiologist, Kristin Jollie, MS, CCC-A, FAAA of Ascent Audiology & Hearing. Kristin will be providing free 10 minute hearing screenings Appointments are required- call Charlotte at 886-8669 Ext. 1.

**Aging In Place Products & Dessert!** August 22nd from 12:30-1:30 p.m. Patricia Buonomano, from HOME HEALTHSMITH will be displaying some of their permanent mobility and accessibility products and will be sharing vital information and resources to enable those who wish to remain in their home as long as they safely can. All this while enjoying a delicious dessert! Contact Charlotte at 886-8669 Ext. 1 to register.

**Blood Drive:** Swift Gym August 2nd from 1-5 p.m. Don't forget to bring your driver's license or another form of identification when you donate.

**Book of the Month Club** The East Greenwich Library Book Group will **not** meet in August. The next meeting will be held on September 30<sup>th</sup> at 1:30 to discuss *The Whistling Season* by Ivan Doig. Copies of the book will be available at the library circulation desk on August 26<sup>th</sup>. New members are welcome!

## 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.

**Cooling Center** The Swift Community Center is the Towns' designated Cooling Center during extreme heat. The building is open Monday-Friday 8:30 a.m.- 4:30 p.m. If you need to cool off this summer, please join us for lunch and a program. If you prefer a quiet space, all the rooms have air conditioning and you are welcome to use a room to read, work on a jigsaw puzzle or surf the internet on one of the center's computers. For more information please call Charlotte @ 886-8669 ext. 1.

**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. Appointments are required. Contact Rachel @ [rlongo@eastgreenwichri.com](mailto:rlongo@eastgreenwichri.com) or 886-8669 X 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](http://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 August 7th & August 21st from 9-10:30 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 July 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 August 14th 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.

**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.

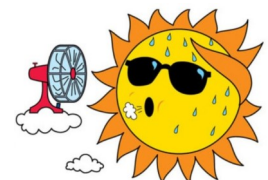
### **All Nurse Clinics include blood pressure and heart rate checks:**

August 2nd from 10am-11:45am: Amy Craig from WellOne of North Kingstown.

August 8th from 10:30am-12pm: Reginald Wilcox, Director of Admissions for South County Nursing and Rehabilitation.

August 20th from 12:30pm-2pm: Rhonda Brunnero, a registered nurse with Visiting Nurses Services of Home Health Services.

August 28th from 12:15pm-1:15pm: A registered nurse with The Seasons.



## East Greenwich Community Center Newsletter

**Cyber Seniors**- will continue until August 7th on Mondays and Wednesdays . Sign up for one hour slots at 9, 10, 11, or 12 p.m. New sessions will begin mid-September. Registration required. Contact Charlotte @ 886-8669 Ext. 1

**Movie of the Month** We will show a free movie at Swift on Friday, August 2nd @ 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!

**Chess/Checkers Club:** Want to learn how or play a game? Instructor available on Tuesdays 1-2 p.m. Contact Charlotte @ 886-8669 Ext. 1 for info.

**Spanish Language Teachers:** We are looking for someone who would be willing to teach beginning 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.

**Coming in September:** Beginner's French Mondays 10:30-11:30 with Jeannine Anderson contact Charlotte @ 886-8669 Ext. 1 to register.

Varnum House Tour September 27th 11-12 p.m. Contact Maryjo @ 88608669 Ex.t 3 to register.

**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: August 7,14, & 21 ALSO Tuesday August 27:**

Dave's Market Plaza-Quonset, North Kingstown

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

**Thursdays: August 15, 22, 29 ALSO: Friday August 2 & August 9th:**

Stop & Shop, Frenchtown Road, North Kingstown

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

**Special Trips:**

August 1: Picnic at Fort Getty, Jamestown pick up at 10:30 a.m.

August 8: Theatre By The Sea pick up at 11 a.m.

August 16: Goddard Park & Lunch at T's pick up at 10 a.m.

August 23: Coventry Walmart & Denny's pick up at 10 a.m.

August 30: Wickford Village & Lunch at Tavern by the Sea pick up at 10 a.m.

# AUGUST 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>Suggested donation is \$3.00 per meal.</p>	<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>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens. Please notify you server of any allergies</p>	<p>1 Cream of Broccoli Soup BBQ Beef Sandwich on Whole Wheat Roll Cauliflower</p> <p>*Chef Salad</p>	<p>2 Tossed Salad Chicken Drumstick w/ Gravy Wild Rice (Whole Grain) Broccoli</p> <p>*Ham &amp; Provolone on Wheat</p>
<p>5 Mushroom &amp; Barley Soup Chicken Pot Pie Mashed Potato Whole Grain Biscuit</p> <p>*Cheeseburger on Wheat Roll</p>	<p>6 Fruit Salad American Chop Suey Mixed Veg Whole Wheat Roll</p> <p>*BLT on Wheat</p>	<p>7 Strawberry Mango Salad Chicken Fajitas w/ Peppers&amp;Onions/Sour Cream Whole Wheat Tortilla Black Beans &amp; Rice</p> <p>*Egg Salad on Wheat</p>	<p>8 Navy Bean Soup Meatball &amp; Pepper Sandwich Whole Wheat Roll Potato Salad / Chips</p> <p>*Tuna on Wheat</p>	<p>9 Bean Salad Swedish Meatballs Buttered Pasta Sliced Carrots</p> <p>*Chicken Salad Plate</p>
<p>12 VICTORY DAY  MEAL SITE CLOSED</p>	<p>13 Seasonal Melon Honey Glazed Chicken Mashed Cauliflower Wax Beans</p> <p>*Seafood Salad on Wheat</p>	<p>14 Chicken Soup Sloppy Joe Sandwich on Whole Wheat Roll 3 Bean Salad</p> <p>*Sausage &amp; Pepper Sandwich</p>	<p>15 Split Pea Soup Italian Beef Sandwich Mashed Carrots Peas</p> <p>*Greek Salad w/ Chicken</p>	<p>16 Tossed Salad Fish &amp; Chips Cole Slaw Whole Wheat Roll</p> <p>*Pastrami Rubeen on Rye</p>
<p>19 Tomato Soup Breaded Chicken w/ Gravy Potato Wedges Spinach</p> <p>*Roast Beef on Bulkie Roll</p>	<p>20 Tossed Salad Sweet &amp; Sour Pork Brown Rice Baked Beans</p> <p>*Tuna Club</p>	<p>21 Cottage Cheese w/ Peaches BBQ Chicken on Whole Wheat Roll Pasta Salad / Chips</p> <p>*Italian Grinder</p>	<p>22 Minestrone Soup Beef Braciolo Mashed Potato Brussel Sprouts</p> <p>*Spinach Salad w/ Chicken</p>	<p>23 Greek Cucumber Salad Spaghetti w/ Meat Sauce Mixed Vegetable Whole Wheat Roll</p> <p>*Egg Salad on Whole Wheat</p>
<p>26 Vegetable Noodle Soup Chicken w/ Veggies on Whole Grain Pita Caprese Salad</p> <p>*Meatball Grinder</p>	<p>27 Chicken Escarole Soup Roasted Pork w/ Gravy Mashed Cauliflower Green Beans</p> <p>*BBQ Chicken Sandwich</p>	<p>28 Beet Salad Fish Chowder Plate Roasted Potatoes w/ Veggies Whole Wheat Roll</p> <p>*Chicken Salad on Wheat</p>	<p>29 Vegetarian Chili BBQ Ribs Cole Slaw Corn Bread</p> <p>*Corned Beef Rubeen on Rye</p>	<p>30 Fruit Ground Beef Taco w/ Lettuce &amp; Shredded Cheese/ Sour Cream Carrots/Wheat Tortilla</p> <p>*Turkey Club</p>



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# AUGUST 2019: 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

**Cyber Seniors** will continue in August. Sign up for one hour slots at 9, 10,11 or 12 p.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.

**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

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

**Scrabble Club** 9:30 a.m. in the game room. Please join fellow "wordsmiths" for some fun!

**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

**Cyber Seniors** will continue in August. Sign up for one hour slots at 9, 10,11 or 12 p.m. Registration required - contact Charlotte @ 886-8669 ext. 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)

## Wednesdays continued

**Pickleball** Mondays, Tuesdays, and Wednesdays at 9:30 a.m. Courts are behind Swift Gym.

**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 Aug 7th & 21st from 9-10:30 a.m. No registration req.

**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.  
August 7, 14 & 21  
ALSO Tuesday 1 p.m. August 27:**  
Dave's Plaza N.K.

**Shopping: Thursdays 9 a.m.  
August 15, 22, & 29  
ALSO Friday 9 a.m. August 2 & 9:**  
Stop & Shop Frenchtown Rd

## **Special Trips:**

**Aug 1:** Picnic Fort Getty 10:30 am

**Aug 8:** Theatre By The Sea 11 am

**Aug 16:** Farmers' Mkt & T's 10 am

**Aug 23:** Coventry Walmart & Denny's 10 am

**Aug 30:** Wickford Village/Tavern by the Sea 10 am

