



EAST GREENWICH SENIOR CENTER NEWSLETTER

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January 2021

THE SENIOR
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

STAFF

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If you would like to register
for a boxed lunch please call 886-8669
ext. 4

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



HAPPY NEW YEAR!

**The Senior Center will be closed on January 18th.
Martin Luther King Day**

From the Senior Center Manager: *Happy New Year!* I would normally say that last year went by incredibly fast. However, this past year seemed exceptionally long! I remember back in March after cancelling our St. Patrick's Day celebration hearing rumors that we would not be back to "normal" until at least the summer. It's been a long haul for all of us but now, we can finally see a light at the end of the tunnel!

The Swift Gym is currently being used to administer the Covid vaccine to **first responders** as part of the Governor's distribution plan. There is no date set yet for our population to receive it but you can keep tracking the progress and get up to date information on Covid 19 from the Department of Health. Here is the info for them: www.C19vaccineRI.org or call 401-222-8022.

Boxed lunches/Grab n' go: If you are an E.G. resident in need of a boxed lunch and are homebound, we will deliver it to you. If you have a vehicle, any senior is eligible to pick up a grab n' go from the center. Reserve the Wednesday before @886-8669 ext. 4 Donation of \$3.00 per lunch is suggested but not required.

Center Updates: Exercise and dance classes should start up again in mid-February. Call Charlotte to register.

Free Income Tax Assistance: AARP will decide on February 15th whether to hold in person tax filing assistance. Call us that day and if they are -you can make an appointment at that time.

Virtual Senior Center: Age Friendly Rhode Island has developed a "virtual" Senior Center on their website with interesting programs that you can participate in at no cost! Go to this website: www.agefriendlyri.org and click the link on the top of the page that says, "Virtual Community Center" and then click on "Events Calendar". There are programs and exercise classes for free!

Caregiver Support Group: 3rd Friday of every month. Contact Deb Burton (401-585-0509 or deb@rielderinfo.com) to register for the Zoom video or call in number.

Cyber Seniors- Sessions will begin again in February on Wednesdays 9-12 p.m. Registration required. Please contact Charlotte @ 886-8669 Ext.1.

The Rhode Island Special Needs Emergency Registry is a system for the identification of Rhode Islanders who may require assistance during emergencies. To register go online to complete the form at www.health.ri.gov/emregistry or call Charlotte to assist you.