



EAST GREENWICH SENIOR CENTER NEWSLETTER

Volume 16 • No. 6

July 2021

THE SENIOR
CENTER SERVICES
SENIORS 55+
AND ADULTS WITH
DISABILITIES

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**If you would like to register
for a lunch please call
Judy @ 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**

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



July 5th—Senior Center Closed

Senior Center Closed Monday July 5th

From the Senior Center Manager: We're moving right on into the summer with even more new programs and classes! We'll even be starting hot lunches again on July 19th. Atria Harborhill will be donating one of their delicious desserts created by their resident chef "Joe" for our hot lunch opening that day!

Come by to exercise, eat a delicious meal, play cards or to enjoy each others company. Make sure to look for our new additions including our Meditation class, the Comedy Greats program, and Beautify Yourself. Find details in this newsletter. We love having you back. We want you to feel welcomed and to enjoy the fun!

Reminder: We have made a change with our memberships. There will no longer be a \$5.00 fee to join! Membership is *free* and classes will now be \$2.00 for residents and \$3.00 for non-residents. We hope that you will join us as we welcome in the summer months!

New! Comedy Greats-A Laugh-A-Thon in 6 Sessions! Mondays beginning July 12th from 9:00-11:00am. Cost: **Free!** Instructor: Brett Morse. Relive the golden years of comedy. Enjoy funny skits from Sid Caesar, Red Skelton, Bob Hope, Carol Burnett, and many more! Discuss their history and backgrounds while enjoying their special brand of humor. This class is designed to be fun -so be prepared to laugh!

Annual Summer Cookout: Tuesday August 31st from 12-1:30 p.m. @ East Greenwich Veteran Fireman's Association 80 Queen St. Tickets are a suggested \$3.00 donation and are on sale until August 18th or until sold out. Seating is limited. See Judy for tickets.

Boxed lunches/Grab n' go: Delivered meals will end July 16th. If you would like a meal, you can come to the center for our hot lunch or arrange to pick up a grab n' go from us. Please reserve your place by the Wednesday before the week that you would like to come. Contact Judy at 886-8669 ext. 4 for menu and reservations. Donation of \$3.00 per lunch is suggested but not required.

Blood Pressure Checks: We will have blood pressure checks July 20th from 12p.m. -2 p.m. Contact Judy @ 886-8669 ext. 4 to reserve a time to meet with Rhonda.

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.

Volunteers needed! We can't run the senior center without our volunteers. We need assistance with our Bingo on Mondays and in the kitchen helping to serve. Contact Judy 886-8669 ext. 4 for details.

SENIOR PROGRAMS



NOTE: Masks for non-vaccinated individuals will be required in the Senior Center.

New! Beautify Yourself: Available 2nd & 4th Mondays starting in July. Next month's will be July 12th & 26th between 9-12pm. Need to shake off the growth of the pandemic? Why not stop by for a haircut here at the center! Kathi Franco, a licensed hair-dresser will wet and cut your hair (female or male) for only \$10. Call Roberta for an appointment 886-8669 ext. 3.

Pickleball: Monday, Tuesday, Wednesday 9:30am. Where: Academy Field Basketball Courts Cost: **Free**
The group meets for impromptu games from late April until late October. Play a round, meet new friends and enjoy the outdoors! Racquets and balls available at the senior center if needed.

Walking Club: Mondays: 3:00-4:00pm, Tuesdays: 3:00-4:00pm, Wednesdays: 3:00-4:00pm, Thursdays: 2:00-3:00pm, & Fridays: 2:00-3:00pm. Where: Swift Gym Cost: **Free**
Make every step count! Did you know that if you do one lap around our gym, it is approx. 100 steps and that there are 2,500 steps in a mile? Why not drop by and use the gym to do your walking (at your own pace) during these upcoming warm months.

Sit to be Fit: Mondays, 1:00-2:00pm. Cost: \$2.00 Residents/\$3.00 Non-residents. Instructor: Susanna Bodell
With the stability of a chair, you can perform exercises for range of motion, balance, and strength.

Yoga: Tuesdays, 8:45-9:45am. Cost: \$2.00 Residents/ \$3.00 Non-residents. Instructor: Linda Morse
You will experience the basics 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, 10:00-10:45am **OR** Wednesdays, 11:00-11:45am. Cost: \$2.00 Residents/ \$3.00 Non-Residents. Instructor: Daryl Brazo
These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

New! Meditation: Begins July 13th- Tuesdays, 11:00-12:00pm. Cost: \$2.00 Residents/\$3.00 Non-Residents. Instructor: Linda Morse. Come to this relaxing program and learn about the health and wellness benefits that can be gained from this age old practice. No prior experience needed. Wear comfortable clothing and feel free to bring a yoga mat or cushion. The practice can be guided from a chair as well.

Country Western Line Dancing: Tuesdays, 1:00-2:00 pm. Cost: \$2.00 Residents/\$3.00 Non-residents. Instr.: Jackie Willsie.
This class will keep you moving to country western classics and hits. If you enjoy line dancing, you'll love this class!

Chair Yoga: Wednesdays, 1:00-2:00pm. Where: Swift Gymnasium Cost: \$2.00 Residents/ \$3.00 Non-residents
Instructor: Linda Morse. 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. Learn ways to move as well as breath techniques for your daily living.

Philosophy Club: Monthly on 2nd & 4th Wednesdays, 9:00-10:30am. Next Meetings July 14th & July 28th. Cost: **Free**
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.

Art Class: Wednesdays, 9:00-11:00am. Cost: \$2.00 Residents / \$3.00 Non-residents.
Instructor: Jeannine Anderson.

All levels are welcomed 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 supply their own materials.

Zumba: Thursdays, 1:00-2:00pm. Cost: \$2.00 Residents / \$3.00 Non-residents Instructor: Jackie Willsie
Zumba is a fitness program that combines Latin and international music with dance moves. This class will teach you routines which incorporate interval training (alternating fast and slow rhythms) to help improve cardiovascular fitness.

Circuit Fitness: Fridays, 11:00-11:45am. Cost: \$2.00 Residents/\$3.00 Non-residents Instructor: Michelle Anderson
Low impact exercises mixed with upper body and lower body strength training. These exercises will help to maintain muscle strength, stamina and balance using weights. Chairs may be used if necessary for balance. Participants must supply their own weights at this time.

SENIOR CARD GAMES & PROGRAMS

BINGO: Mondays, 1:00-3:00pm. A set of Bingo cards is \$3.00. A bingo marker is \$1.50.

Bridge: Mondays, 9:00-12:00pm. This entertaining card game combines strategy and skill to beat your opponents.

Scrabble: Tuesdays, 9:30-11:30am. Come and join fellow “wordsmiths” for some fun!

Hi Lo Jack: Wednesdays, 1:00 -3:00 pm. Participants must have experience playing by league tournament rules. Fee is \$1 per week. Pre-registration is required. Contact Roberta @ 886-8669 ext.3.

Chess: Wednesdays, 9:00-11:00am. Come by for a game or learn how to play! All levels and skills are welcomed. Register with Roberta @ 886-8669 ext. 3.

Computer Room: The computer room is open 8:30-4:30 weekdays to use for computer/internet connections.

Cyber Seniors: Thursdays, 9:00-12:00pm beginning July 8th. This one-on-one time with a U.R.I. student can help you with most any technology questions.

Mahjong: Thursdays, 9:00-12:00pm. This tile based game was developed in the 19th century in China.

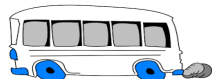
T.O.P.S. (Take Off Pounds Sensibly): Thursday weigh-ins, 9:00-10:00am. Conference Room.

Knitting: Fridays, 9:00-11:00am. Cost: **Free!** Studies have shown that positive outcomes from knitting groups include improved self-esteem, improved brain function, and improved health through social contact. Come and join your new circle of friends. All levels are welcome.

Quilting: Second Friday of every month. This month– July 9, 1:00-3:00pm. Cost: **Free!** Share your passion for fabric, sewing, and color. Discover an array of aesthetics and skill levels among the group.

Cribbage: Fridays, 9:30-11:30am. This card game that descended from England is fun and challenging!

Canasta: Fridays, 12:00-3:00pm. The card game resembles rummy- but uses two decks. Players 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 Roberta Dowding at 886-8669, ext. 3** for an application or to make a reservation. Reservations are required at least 48 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 appointments in East Greenwich
- Mondays & Tuesdays**
- Doctor Appts. /Classes /Lunch

1st & 3rd Wednesdays

- Stop & Shop 8:45am/Lunch

Thursdays

- Dave's Market, Market Basket, Aldi's, S&S, Walmart, CVS, Walgreens, Job Lot or Lowes-days/times vary.

Grocery Shopping

Shoppers are allowed 6 reusable canvas shopping bags.



Shopping & Trips:

The fee is \$2 a trip or a monthly bus pass for \$10.

**Shopping: Wednesdays 8:45am
July 7 & 21:** Stop & Shop

**Shopping: Thursday 8:45am
July 8:** CVS/Walgreens
July 15 & 29: Stop & Shop

**Shopping: Thursdays 1:15 pm
July 1:** Dave's Plaza NK
July 8: Walmart NK
July 15: Aldi/Lowes Warwick
July 22: Dave's EG
July 29: Market Basket Warwick

Special Trips: Fridays (times vary)

July 2: 1:15pm Dockside Market
July 9: 9:00am Farmer's Market
July 16: 10am Warwick Center for the Arts
July 23: 1:15pm Job Lot/Marshalls
July 30: 9am Farmer's Market

SUMMER/FALL SENIOR TRIPS

Warwick Center for the Arts: *Friday, July 16th-* Altered Papers, Prints and Books Exhibit. In this show, artists created paper works in two-and three-dimensional, with an emphasis on three-dimensional art constructed with paper. The exhibit includes a wide array of original works on paper, altered paper, hand pulled prints and artists books. Afterwards we will have lunch at the *Waysider Grill*. Admission to the exhibit is free but donations are graciously accepted.

Departs: 10:00am - Return: 2:00pm (approx.) Cost: donation + lunch. Reservations required by July 12th.

Museum of Work and Culture: *Friday, August 20th-* Take a trip back in time with a visit to the Museum of Work & Culture in Woonsocket. The museum presents the compelling story of immigrants who came to find a better life in the mill towns along the Blackstone River. You can recreate their journey, beginning in a Quebecois farmhouse before making your way to the workday world of Woonsocket at the turn of the century. Come and explore the lives of immigrants at home, work, and school through nine immersive exhibits. Lunch at nearby restaurant afterwards.

Departs: 9am - Return: 3pm (approx.) Cost: \$10 Reservations required by July 23rd.

Chevy's Shack: *Friday, September 10th-* What better way to say goodbye to summer than enjoying a delicious sea-food meal? Enjoy an outdoor lunch from Chevy's Shack located at Gardner's Wharf in Wickford. Whether you enjoy a cup of chowder and clam cakes, fish & chips, lobster roll or a burger, the outdoor view of Wickford Harbor can't be beat!

Departs: 11:30am- Return: 2:00 pm (approx.) Cost: \$2 + lunch. Reservations required by August 27th.

Are you ready for some FOOTBALL: *Friday, September 24th-* Take a trip through The New England Patriots Hall of Fame in Foxborough MA. Presented by Raytheon Technologies, the Patriots Hall of Fame is a Patriot football lover's dream museum. It's a modern and interactive experience created by the Kraft family to preserve and share the Patriots legacy. You'll swell with Patriot's pride after visiting the Super Bowl exhibit and gaze upon the Lombardi trophies and Super Bowl rings on display. We will have lunch at a local restaurant before returning.

Departs :9am-Return: 3:00pm (approx.) Cost: \$10 + lunch. Reservation and payment due by July 29th 2021.

Apple Palooza: *Friday, October 22th-* Come with us to Pippin Orchard located in Cranston. From the moment you walk through their front door, the smell of fresh apples, apple donuts and pies fill the air! Locally made goods stock their shelves and the honey, ciders and syrups are all made onsite at the orchard. We also have the perfect size pumpkin for your table. Afterwards, we will stop at a local restaurant for lunch (location to be determined).

Departs: 10:00am- Return: 2pm (approx.) after lunch. Cost: \$2 plus lunch. Reservations by September 10.

The Windows of Grace Episcopal Church in Providence: *Friday, November 5th-* With unique and exquisite stained glass windows dating back to 1846, Grace Episcopal Church is home to some of the most beautiful and spiritually inspiring stained glass windows in Rhode Island. Join us for a docent guided tour of the church and Grace's magnificent stained glass windows. The windows are a historical treasure and reflect the creative works of some of the finest artists in their time and each is a memorial with a story to tell. Admission to the church is free but donations are graciously accepted. On our way home, we will stop at the Greenwood Inn for lunch.

Departs: 10:00am- Return: 2:30pm (approx.). Cost: donation + lunch. Reservations by October 8th.

***SEATING IS LIMITED ON ALL TRIPS CONTACT: ROBERTA DOWDING 886-8669 ext. 3**

Annual Summer Cookout at Fireman's Association August 31st . See front page for details!

