



Narragansett Community Center, 53 Mumford Road, Narragansett, RI 02882
Narragansett Senior Association Newsletter November, 2020

Here's to a month of possibilities, overcoming challenges and all round success. Make your dreams come true! You have everything you need for it. Happy November!

The Center will be closed on Wednesday, November 11, 2020 in observance of Veterans Day and Thursday, November 26, 2020 for Thanksgiving. Unfortunately due to COVID-19 we have to cancel our in house catered Thanksgiving luncheon.

As we continue to opened our doors only registered individuals will be allowed to enter the Community Center. We have implemented new policies and procedures for entering the Center. The necessary changes needed to be made to be in compliance with the state's guidelines. New cleaning protocols have been implemented to allow for a safe environment. We all appreciate your understanding during this transitional period. We are working very hard towards offering our programs in a safe, healthy environment.

Congregate Nutrition Program

As the COVID-19 cases continue to climb consider having a boxed lunch delivered to your home. The weather is changing so the need to stay indoors increases. We hope you will join the program on a weekly basis or any day that you choose. Our staff continues to deliver rain or shine Monday through Friday. There is a suggested donation of \$3.00 per meal.

Due to upcoming holidays, no lunch deliveries on November 11th, 26th and 27th.

If you are interested in receiving a meal, please call The South Kingstown Center at 789-0268.

Medicare Open Enrollment Seminar

Totally confused by Social Security and Medicare? You have questions and we have the answers! Come join Universal Healthcare Wealth Management to assist you to help find you the best Medicare plan to fit your health care needs. Join us for a FREE Medicare Open Enrollment Seminar on November 10th from 9:00 to 1:00 pm.

Reservations are mandatory as spots are limited. To RSVP call 401-331-7600 or email at healthcare@universalwm.com. Strict state and federal COVID-19 guidelines will be followed.

Narragansett Senior Association

The Narragansett Senior Association is a non profit association in collaboration with the Senior Coordinator for The Department of Parks and Recreation for the purpose of developing and implementing programs for our senior population. If your interested in becoming a member call the office. The fee is \$10.00 per year.



People who can get the flu shot:

- Different flu shots are approved for people of different ages. Everyone should get a vaccine that is appropriate for their age.
- There are inactivated influenza vaccines (IIV) that are approved for people as young as 6 months of age.
- Some vaccines are only approved for adults. For example, the recombinant influenza vaccine (RIV) is approved for people aged 18 years and older, and the adjuvanted and high-dose inactivated vaccines are approved for people aged 65 years and older.
- Pregnant women and people with certain chronic health conditions can get a flu shot.
- Most people with egg allergy can get a flu shot.
- **People who SHOULD NOT get the flu shot:**
- Children younger than 6 months of age are too young to get a flu shot.
- People with severe, life-threatening allergies to flu vaccine or any ingredient in the vaccine. This might include gelatin, antibiotics, or other ingredients. **People who should talk to their health care provider before getting a flu shot:**
- If you have one of the following conditions, talk with your health care provider. He or she can help decide whether vaccination is right for you, and select the best vaccine for your situation:
- If you have an allergy to eggs or any of the ingredients in the vaccine. Talk to your doctor about your allergy.



Fitness Room

Monday through Friday 9am until 4pm.
Workout time will consist of 1 hour.
Only two individuals allowed utilizing the room.
Some of our exercise equipment will be blocked off to ensure customers can maintain social distancing of 6 feet or more.
We will provide hand sanitizer and disposable wipes for all individuals to clean their hands and clean all machines before and after usage.
Pre registration is required .
Give us a call today to start your routine, 782-0675.



FREE HEARING TESTING

NARRAGANSETT

14 Woodruff Ave Suite 4
(401) 515-4159

WESTERLY

105 Franklin St. Unit 5
(401) 622-4588

www.beltone.com

We also offer:

- Hearing aid service
- Hearing aid sales
- Hearing aid batteries
- In-office hearing aid trials
- Ear molds



Alyssa Allen

Hearing Instrument Specialist, License #460

➤ Reach the Senior Market

ADVERTISE HERE

CONTACT

Contact Renee Barstow to place an ad today!
rbarstow@lpi-seniors.com or (800) 950-9952 x6457

You may not need us right now, but we'll be there when you do.



A Community Together
Coordinating aging-in-place services

Email: actneighbors@gmail.com

Website: <https://acomcommunitytogether.helpfulvillage.com>



FREE Medical Services & Physician Directory

Call 401-788-1173 today!


SOUTH COUNTY HEALTH



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPI.com
www.4LPI.com/careers



HAPPENINGS AT THE CENTER

Dancing

Coming enjoy a fun way to exercise and meet new friends while dancing to some great tunes. It's hosted on Fridays at 11:00 am at the Pavilion area. Class is free and registration in advance.



TAI CHI

Join us on Monday and Thursday, at the Pavilion area for a morning classes. Classes will be at 11:00 am. Pre registration required due to COVID 19 guidelines. Call to register 782-0675
Fee is \$5.00

***NEW * CHAIR YOGA**

ON MONDAY AND FRIDAY AT 10:00 AM UNTIL 11:00 AM
AN EXCELLENT WAY FOR LOOSENING AND STRETCHING PAINFUL MUSCLES AND REDUCES STRESS, AND IMPROVES CIRCULATION. CLASS WILL BE HELD OUTSIDE AT THE PAVILION AREA. ALL ARE WELCOME
CALL TO REGISTER, CLASS IS FREE .

***NEW* QIGONG**

Qigong will be offered on Wednesdays at 11:00 am. It's a mind body spirit practice that improves one's mental and physical health by integrating posture, movement, breathing technique, self message, sound and focus intent. Instructor is Susan Myette, class is Free. Preregister in advance due to COVID 19 guidelines. Call to register 782-0675 held at the Pavilion area.

QUILTING

We welcome the ladies back for the quilting program. Monday mornings at 9:30 am. Social distancing is necessary.

BINGO

***Postponed* due to Governors gathering restrictions.**
Stay tuned

This program continues to be very popular. We returned back to weekly bingo on Wednesdays at 10:00 am. Due to lunch deliveries, transportation is no longer provided.

Must pre-register. No walk ins allowed. All participants must wear personal face coverings. We will temperature check and screen all individuals entering the Center. Social distancing guide lines must be followed. Program participation should be limited to just two per table.

Games will consist of disposable paper cards. We encourage you to bring your own bingo dot markers. No refreshments will be available.

SENIOR TRANSPORTATION

Senior transportation is available free of charge. Due to daily lunch deliveries, we have a limited window of time for assisting with medical appointments.

All accommodations will be on a case-by-case basis. Passengers must maintain proper distancing guidelines. and must wear face coverings when using the service. The senior van will be cleaned at the end of each day. Hand sanitizer and disposable wipes are available for all patrons.

Grocery shopping is available Thursday mornings. Pickup time begins at 9:00.

Please provide Kevin with any special requirements you may need will help make your trip a pleasant experience. Please call 782-0675 to make your arrangements.

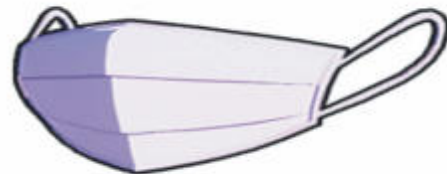


Tips to Stay Healthy

Wear a face mask or cloth face covering and maintain a distance of 6 feet from others when in public.

Wash your hands frequently with warm water and soap for a least 20 seconds or use hand sanitizer when soap and water not available.

Avoid large in person gatherings where it is difficult for individuals to remain spaced at least 6 feet apart and attendees may be traveling from outside the local area.



THANKSGIVING WORD SEARCH

H G O B B L E P Z N H A C S S
 U A F F V S I P E S P A O M J
 C I R P W N T R A V E L R I H
 J R X V D O H U R P R T N R O
 A N A I E E Q Y W D E A U G L
 T H A N K S G I V I N G C L I
 R N R U B Y T G D B C J O I D
 S E O V L E N H L D K B P P A
 N Q B I J I R E C Z V C I G Y
 M M M M F Q S R A T F E E A S T
 L A U F E S N O I T I D A R T
 F C U T I V P Q R E Y A R P R
 K T O N U I O N P D S N R G A
 S G G O E A C N I K P M U P Y
 N S Y E K R U T H U R S D A Y

Autumn	Cook	Family	Harvest	November	Prayer	Stuffing	Tradition	Turkey
Blessings	Cornucopia	Feast	Holiday	Pie	Pumpkin	Thanksgiving	Travel	
Carve	Cranberries	Gobble	Indians	Pilgrims	Squash	Thursday	Tray	

©LPI

**Senior Association
Senior Officers & Board of Directors
2020-2021**

Elaine Stannard, President
Barbara Gabriele, Vice President
Jane Gemma, Secretary
Sandra Rodrigues, Interim Treasurer

Board of Directors
Don Sullivan
John Roberts
Sally Cooper
Olga Catalano
Margo Matheson



**Thanksgiving Floral Arrangement
Harvest Quilt**

Wednesday, November 18th
Offered by Sally Gruber
Cost: \$19.00 for materials
Reservation due by November 13th.
Using a variety of fresh chrysanthemums and a rectangular lomi dish, you will design your very own floral quilt. Cushion, Fuji, and daisy mums highlight this breathtaking array of color and texture. If the class is not offered in person, each participant will have a choice to pick up or have a home delivery of detailed instructions, a lomi dish and an abundance of colorful blooms.
Registration required, please call Karen 782-0675.

Facility rentals

Due to COVID-19 all meeting room space availability will be limited. All requests are subject to review.





#1 Medicare Advantage plan provider in America

1-855-844-2078, TTY 711
ExploreUHC Medicare.com

United Healthcare

Y0066_200813_013109_M

SPRJ58101

FOUR GENERATIONS OF OUR FAMILY SERVING YOURS.

Full Traditional, Cremation & Custom Services,
Tailored to Individual Family Needs
SERVING ALL FAITHS • PREPLANNING AVAILABLE

NARDOLILLO
FUNERAL HOME & CREMATOR

1278 Park Avenue Cranston, RI 02910 401-942-1220
1111 Boston Neck Road Narragansett, RI 02882 401-789-6300
Managing Funeral Director
South County Chapel

NARDOLILLOFH.COM

FALL PREVENTION • ACCESSIBILITY • AGING IN PLACE



FREE HOME SAFETY ASSESSMENTS GRAB BARS, STAIRLIFTS, RAMPS, & MORE

Visit our showroom at: 322 South Pier Rd. | Narragansett
401.429.3882 | OakleyHomeAccess.com | RI reg 39572



Jill Lawler - Realtor
(401) 556-1874

Serving
South County

Enjoy the convenience of home delivery or curbside pickup.



Visit belmontmarket.com/shoponline
Call 401.783.4656 x 122 to learn more.

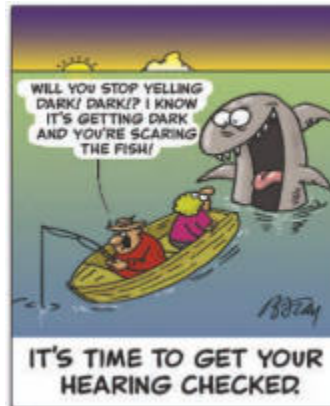


South County Hearing Services

Turn over a new leaf for better communication

Christine Stewart, Au.D., Audiologist

Lorrie Florence, HIS, Hearing Instrument Specialist



A Reminder from South County Hearing Services

Have you been having trouble hearing during these past few months?

We have heard from many of you, saying it's been very frustrating. We want you to know that we are "hear" for you.

We at South County Hearing Services are open and operating on an appointment only basis for hearing evaluations. We also offer curbside services for repairs or supply pickup.

Call South County Hearing Services today at 401-789-1906 to learn more about the services we offer.

South County Hearing Services
360 Kingstown Rd Suite 205
Narragansett, RI 02882

Office hours: Mon-Thur 8:30-5:00 | Fri 9:00-2:00.

FREE FLU SHOTS ANYTIME



GREEN LINE
APOTHECARY
PHARMACY & SODA FOUNTAIN

203 MAIN ST
WAKEFIELD

401-307-2555

PARKING IN LOT - EASY REAR ENTRANCE
- OPEN 7 DAYS -

FREE DELIVERY

ADVERTISE YOUR BUSINESS HERE

Your Community is Looking!



Ad info. 1-800-477-4574 • Publication Support 1-800-888-4574 • www.lpiseniors.com

Narragansett Senior Center, Narragansett, RI 06-5238