February 2021

# Smithfield Senior News

One William J. Hawkins Jr. Trail Smithfield RI 02828

401-949-4590

**SENIOR CENTER STAFF**

**Director**
Karen L. Armstrong
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**Programs and Activities**
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**Meal Site**
Anne M. St. Laurent
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**Senior Center Assistants**
Ext. 21

**Senior Van Driver**
Steve Beaulieu
Steve Gemma
949-4592

**Hours of Operation**
**Monday-Friday**
8:00 a.m.- 4:00 p.m.
**Phone**-949-4590
**Fax**-949-4593
**www.smithfieldri.com**

Find us on: facebook

**On Friday, February 12th at 11:00am,**

log-on to your computer and say hello to Kate, Karen, and Steve from the Senior Center. We miss seeing all of you, and we hope that we can start chatting with you regularly, via video chat. While using a regular phone to call and talk to someone is great, isn't it nicer to SEE and speak to them? If you have any questions on how to log-in, please don't hesitate to call us ahead of time at 949-4590. You should be able to click on the link we provide at the bottom of this email. Looking forward to seeing and hearing from all of you. Feel free to forward to any MEMBERS who may not have received this email.

**Please join my meeting from your computer, tablet or smartphone.**
**https://www.gotomeet.me/KarenArmstong**

**You can also dial in using your phone.**
**United States (Toll Free): 1 877 309 2073**
**United States: +1 (571) 317-3129**

**Access Code: 946-377-509**

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**Interested in Meditation? Mary Scannell is providing a virtual Meditation class every Wednesday at 1:00. Please call the center for more information.**

American Heart Association.

American Heart Association.
Go Red for women.

# National Wear Red Day®

## FRIDAY, FEBRUARY 5, 2021

It's time to call a **CODE RED** — an urgent call for women to live fierce and be relentless in the fight against their No. 1 killer — cardiovascular disease.

**WEAR RED** to raise awareness.

**GIVE** to save women's lives.

**SHARE** #WearRedDay on social media.

***LIVE FIERCE.***
Go Red.

WearRedDay.org

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Good Eats to Go

The Senior Center is offering a free meal for all seniors in town. You must call in advance to reserve a meal. Meals will be available for pick up on Tuesdays and Thursdays. Delivery will be available to homebound residents. Please call the center for more information . 949-4590

SUPPORT THE ADVERTISERS
THAT SUPPORT OUR COMMUNITY

# February 2021
# Dates to Celebrate

1st Take your child/grandchild to the Library Day
2nd Groundhog Day
3rd The Day the Music Died Day
4th Thank a mailman Day
5th Chinese New Year
6th Lame Duck Day
7th Send a card to a Friend Day
8th Boy Scouts' Day
9th Bagels and Lox Day
10th Umbrella Day
11th Don't Cry Over Spilled Milk
12th International Darwin Day
13th World Radio Day
14th Valentine's Day
15th International Gumdrop Day
16th Do a Grouch a favor Day
17th Random Acts of Kindness Day
18th National Battery Day
19th Chocolate Mint Day
20th Love your Pet Day
21st Card Reading Day
22nd Be Humble Day
23rd National Banana Bread Day
24th National Obnoxious Day
25th Chocolate covered Peanuts Day
26th Tell a Fairy Tale Day
27th International Polar Bear Day
28th Public Sleeping Day

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## An Afternoon in February

***By: Henry Wadsworth Longfellow***

***The Day is ending***
***The Night is descending***
***The Marsh is Frozen***
***The River dead.***
***Through clouds like ashes***
***The red sun flashes***
***On Village windows***
***That glimmer red.***

**Smithfield Senior Center**
One William J. Hawkins Jr. Trail
Smithfield, RI 02828

**401-949-4590**

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