

WARREN SENIOR CENTER



20 LIBBY LANE, WARREN, RI 02885

247-1930

Warren Senior Dining Center 8:30 a.m. - 11:30 a.m (401) 245-8140

Senior Center Hours...Tuesday - Friday, 8:30 a.m. - 4:00 p.m. 247-1930

Senior Transportation.....Monday-Friday, 8:00-8:30 a.m. 245-8140

FREE

Elizabeth Hoague Director

VOL. 25 NO. 1

JANUARY 2022

WARREN, RI

News and Thoughts from The Director:

Even though the winter months can be dark and dreary, there is always something at the Center to brighten your day. It's a great place to make new friends and enjoy the company of old friends. I invite all our seniors in the community to use the Senior Center. You will not only enrich your own life, but also the lives of the other seniors that you meet.

With tax season just around the corner, we will once again provide free tax preparation and filing for federal and Rhode Island state tax returns at the Center. Volunteers from the **AARP Tax Aide Program** will be available, **by appointment**, Thursdays beginning February 3rd

May you all be blessed with a Happy and Healthy New Year!!

Betty

CLOSINGS: The Warren Cafe will be closed on Monday, January 3rd in honor of New Year's Day and Monday, January 17th in honor of Martin Luther King Day.

STORM CLOSING INFORMATION: Information will be posted on the local news stations. You can also contact the Center at 247-1930 for up-to-date-information on the cancellation of activities and lunch.



THIS MONTH'S ACTIVITIES INCLUDE:

Tuesday, January 11th

Thursday, January 13th

Wednesday, January 19th

Thursday, January 20th

Friday, January 21st

Wednesday, January 26th

Blood Pressure Checks

Movie Presentation "Dream Horse"

Computer Issues Course begins

Stronger Together Workshop

"Immunizations" Presentation

Book Club

Birthdays to Celebrate this Month!!

Donna Amaral

David Borges

Frances Brown

Julie Caldwell

Rita Castigliero

Betty Ann Cavailieri

Rose Cote

Pat Cruso

Jo Ann Embry

Charlotte Ferris

George Fontes

Diane Gaynor

Eddie Jamiel

Mary Lake

Frank Luyz

Maria Oliviera



Irene Parisi

John Perry

Anissa Polando

James Polando

Richard Pray

Natalia Rocha

Susan Ruggiero

Dorothy Schinigo

Arlene Scott

Louise Slowe

Nancy Smalzel

David Sousa

Patricia Spear

James Toll

Donna Lee Vail

Mary Vargas

BLOOD PRESSURE CHECK: Tuesday, January 11th, 9:15 - 10:15 a.m. Many thanks to Mary Beth Lescault, RN from Grace Barker Health for this valuable service.

SENIOR HEALTH INSURANCE COUNSELING is available Thursdays, by appointment. John Garrahan, a qualified health insurance counselor, offers assistance with health insurance options, prescription drug plans, prescription assistance programs and eligibility, etc. Call the Center for an appointment.

SNAP PROGRAM (Supplemental Nutritional Assistance Program) provides extra help to purchase food. To see if you qualify or to complete an application contact the Center at 247-1930 for an appointment.

EXTRA HELP PROGRAM provides assistance with the cost of Medicare prescription drugs as well as the Part D premium, deductible and copayments. If your income is **limited to \$19,320 for an individual (\$26,130 for a married couple living together)** AND your resources are limited to \$14,790 for an individual (\$29,520 for a married couple living together), you may qualify for Extra Help. Call the Center for more information.

NEW CLASSES

BOOK TALK, Wednesday, January 26th, 10:00 a.m. This month's selection is "The Thursday Murder Club" by Richard Orsma. Every Thursday, four unlikely friends meet in the Jigsaw Room at the luxurious Coopers Chase Retirement Village to solve cold cases that have been languishing on the books for years. When a local property developer winds up dead, The Thursday Murder Club finds themselves in the middle of their first live case—can the four catch the killer before it's too late? New readers always welcome!

COMPUTER ISSUES COURSE, Wednesdays at 2 p.m. beginning January 19th. This 6-week course is designed for you to bring your questions and issues to class. Learn about changing computer settings, creating folders, Facebook, popular purchasing sites, downloading updates, etc. Preregistration and payment are required. \$25/member.

SENIOR FITNESS, Tuesday and Thursday mornings at 10:30 a.m. Deb Gagnon, Instructor. \$1.50/member.

GENTLE YOGA, Wednesday mornings at 9:45 a.m. Patrica Fox, Instructor, \$1.50/member.

STRENGTH AND BALANCE, Friday mornings at 9:30 a.m. Kyra Little, Instructor, \$1.50/member.

SCRAPBOOKING, Thursdays at 1 p.m. Classes will continue beginning January 6th. Remember to take lots of Christmas photos to add to your book!

TAX ASSISTANCE AVAILABLE

Tax-aide volunteers from AARP will be available beginning February 3rd through April 7th to assist elderly and low- to moderate-income residents with their tax returns at no cost. This includes the preparation and filing of federal and Rhode Island state tax returns as well as property tax relief applications. **Call the Warren Senior Center at 247-1930, after January 18th, to schedule a tax appointment.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 WARREN CAFÉ CLOSED	4 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 MahJongg 1:00 500 Rummy	5 9:45 Gentle Yoga 10:00 Crafts 12:30 Smartphone help 1:00 Beading	6 8:30-12 SHIP Counseling 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	7 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring
10 11:30 a.m. Lunch	11 9:15-10:15 Blood Pressur 10::30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 MahJongg 1:00 500 Rummy	12 9:45 Gentle Yoga 10:00 Crafts 12:30 Smartphone help 1:00 Beading	13 8:30-12 SHIP Counseling 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking 1:00 Movie	14 9:00 Cribbage 19:30 Strength/Balance 1:00 Bingo 1:00 Coloring
17 MARTIN LUTHER KING HOLIDAY WARREN CAFÉ CLOSED	18 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 MahJongg 1:00 500 Rummy	19 9:45 Gentle Yoga 10:00 Crafts 12:30 Smartphone help 1:00 Beading 2:00 Computer Class	20 8:30-12 SHIP Counseling 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Stronger Together 1:00 Scrapbooking	21 9:00 Cribbage 9:30 Strength/Balance 10:00 Immunizations 1:00 Bingo 1:00 Coloring
24 11:30 Lunch	25 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 MahJongg 1:00 500 Rummy	26 9:45 Gentle Yoga 10:00 Crafts 10:00 Book Club 12:30 Smartphone help 1:00 Beading 2:00 Computer Class	27 8:30-12 SHIP Counseling 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	28 9:00 Cribbage 10:00 Gentle Yoga 1:00 Bingo 1:00 Coloring
31 11:30 Lunch				

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Reservations must be made 24 hours
in advance by 12:45 Monday-Friday
Monday-Friday Only 780-6134 780-6134

January 2022

\$3.00 Suggested Donation

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p> <p>Happy New Year</p>		<p>5 Beef Noodle Soup Herb Roasted Grilled Chicken Rice Pilaf Garlic Spinach Fresh Fruit Wheat Bread Herb Roasted Grilled Chicken on Wheat</p>	<p>6 Lentil Soup Italian Sausage w/ mustard Tortellini Peppers and Onions Garlic Roll Mandarin Oranges Italian Sausage on Roll w/ mustard</p>	<p>7 100% Juice Turkey Chili w/ Low Fat Cheese Corn Bread Seasoned Broccoli Spears Fruit Cocktail Hamburger on a bun w/ mustard</p>
<p>10 Barley Soup Veal Parmesan Seasoned Pasta Italian Blend Vegetable Cookie Italian Bread Veal Parm on Bulky Roll</p>	<p>11 Chicken Vegetable Soup Pork Loins w/Applesauce Wild Rice Capri Blend Vegetables Rye Bread Sliced Peaches BBQ Pork on Roll</p>	<p>12 Italian Wedding Soup Meatballs w/Sauce Pesto Pasta Mixed Vegetables Snow Flake Roll Fresh Fruit Meatball Grinder</p>	<p>13 Tomato Basil Soup Roast Turkey w/Gravy Corn Bread Stuffing California Blend Vegetables Marble Bread Fresh Fruit Turkey and Cheese w/ mayo on Marble</p>	<p>14 Red Chowder Stuffed Sole Mashed Potato Roasted Brussel Sprouts Pudding Wheat Bread Fish Sand w/ tartar sauce on wheat</p>
<p>17 CLOSED Martin Luther King, Jr. Day</p>	<p>18 100% Cranberry Juice Beef Stroganoff Buttered Noodles Sliced Carrots Marble Bread Fresh Fruit Pub Burger w/ mustard on Ham-burger roll</p>	<p>19 Kale and Bean Soup American Chop Suey w/ Whole Wheat Elbow Pasta Winter Blend Vegetable Butterscotch Pudding Rye Bread Ham Salad on Rye</p>	<p>20 Chicken Escarole Soup Pot Roast w/ Gravy Mashed Potato Asparagus Cuts Pumpernickel Bread Frosted Cupcakes Pot Roast on Pumpernickel</p>	<p>21 Clear Chowder Tuna Salad Tossed Salad w/ Italian Dressing Croissant Sliced Pears Tuna salad on Croissant</p>
<p>24 Split Pea Soup Knockwurst w/ mustard Seasoned Potato Baby Whole Carrots Fresh Fruit Marble Bread Knockwurst w/ mustard on roll</p>	<p>25 Chicken Soup / Orzo Chicken Cordon Bleu w/ gravy Lyonnaise Potatoes Roasted Zucchini Rye Bread Fruit Cocktail Chicken Loaf w/ mayo on Rye</p>	<p>26 Pasta & Bean Soup Garlic Shrimp Seasoned Shells Capri Blend Vegetables Sponge Cake Multi Grain Bread Shrimp Salad on Multi Grain</p>	<p>27 Lentil Soup Meatloaf w/ Gravy Mashed Potato Mixed Vegetable Yogurt 9 grain bread Meatloaf on 9 grain w/ ketchup</p>	<p>28 Chili Soup Veggie Burger Au Gratin Potato 3 Bean Salad Brownie Wheat Bread Veggie Burger on wheat</p>
<p>31 Vegetable Soup Italian Style Chicken Cutlet Wild Rice Stewed Tomatoes Oatmeal Bread Diced Peaches Italian Style Chicken Culet on Roll</p>	<p>ALL SANDWICHES INCLUDE 100 % JUICE L/S CHIPS DESSERT MILK</p>	<p>All menu item may contain. Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens</p> <p>MENU ITEMS ARE SUBJECT TO CHANGE</p>	<p><i>Funded in part by the US administration on aging and state funds by the RI OHA</i></p>	

JANUARY ACTIVITIES

STRONGER TOGETHER, Thursday, January 20th, 1:00 p.m. We all have family or friends who suffer depression/mental illness. This 2-hour skills-based workshop teaches people about mental health. The training gives you the skills to reach out and provide initial help and support to someone who may have a mental health challenge. Great workshop for all to learn how to help others in time of need. Laura Cooke, Project Director. Sign up with Betty.

MOVIE PRESENTATION—“DREAM HORSE,” Thursday, January 13th, 1:00 p.m. The true story of Dream Alliance, an unlikely racehorse bred by small-town bartender Jan Vokes. With very little money and no experience, Jan convinces her neighbors to chip in their meager earnings to help raise Dream and compete with the racing elites. Their investment pays off as Dream rises through the ranks and becomes a beacon of hope for their struggling community. Refreshments to follow. Sign up with Betty.

IMMUNIZATIONS PRESENTATION, Friday, January 21st, 10:00 a.m. Nowadays, vaccines are everywhere: the news, the radio, and even billboards! Everyone is encouraged to “get the shot” and more recently, to get their booster shots. Although vaccines were brought under the spotlight by the COVID-19 pandemic, immunization has always been central to a healthy lifestyle. Outside of the coronavirus vaccines, there are others that are important to receive, especially in the older adult population. Sponsored by the URI Pharmacy Outreach Program.

Five Lessons About How to Treat People - Author Unknown ***Lesson 5, the final lesson***

5. Fifth Important Lesson – “Giving When It Counts”

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness. The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, “Yes, I’ll do it if it will save her.”

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheeks. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, “Will I start to die right away?”

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

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*The intent of these five lessons is to inspire us to be more considerate when opportunities present themselves. Like many novels and movies, even if a story is not entirely true, it doesn’t diminish the moral of the message.*



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