

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

Warren Café Monday-Friday, 8:30 -11:30 a.m. 401-245-8140

FREE

Elizabeth Hoague Director

VOL. 25 NO. 2

FEBRUARY 2022

WARREN, RI

News and Thoughts from The Director:

February is the month of love and there is much to love here at the Center! Why not start this year with trying something new, maybe learn a new card game or join one of our classes. Additions to our busy schedule include chair yoga, strength and balance, book club, smart phone assistance, beading, computer classes, Mah Jongg, bowling, etc. See inside for our full schedule of activities. I will be happy to give you more information.

Income Tax Season is here and once again volunteers from the AARP Tax Aide Program will be available, **by appointment**, on Thursdays beginning February 3rd to prepare Rhode Island state and federal income tax forms as well as property tax relief forms for low-to-moderate-income residents at no cost! Call my office for an appointment. See inside for more information. Many thanks to the volunteers who donate their time and service to our community!

Jeanne Pannill is our volunteer Sunshine Person, sending get well wishes to our members. If you know of someone who is not feeling well or could use some cheering up, contact Jeanne at 437-1183. It is always nice to be thought of when you are not able to get to our Center. Many thanks to Jeanne for taking on this important job.

Happy Valentine's Day! You are all sweethearts!

Betty

CLOSING: *The Warren Senior Center and Café will be closed on Monday, February 21st in honor of Presidents' Day. **STORM CLOSING:** Information will be available by calling our Center. You can always contact us at 247-1930 for up-to-date information on activities and lunch.*

THIS MONTH'S ACTIVITIES INCLUDE:

Wednesday, February 2nd

Book Club

Wednesday, February 2nd

Computer Issues Course begins

Thursday, February 3rd

AARP Tax Assistance begins

Thursday, February 10th

"Dream Horse" Movie Presentation

Thursday, February 23rd

Book Club

Birthdays to Celebrate this Month!

Eva Almeida
 Patricia Almeida
 Alfred Andrade
 Millie Andreozzi
 Rose Arpaia
 Marie Bejma
 Carol Berretto
 Elaine Borges
 Connie Burke
 Russell Carter
 Anthony DaPonte
 Barbara Dobbyn



Jean Dorsky
 Peggy Fales
 Walter Felag
 Marie Floor
 Joan Francis
 Patricia Gempp
 Denise Hoffman
 Joan Jamrog
 Sandra Jannitto
 Walter Kehoe
 Helen Kuszej-Sousa
 Catherine LaCroix



Mary Lou Leitao
 Susan Lema
 Richard Lopes
 Peggy Lutz
 Charles MacDougall
 Elena Marshall
 Frances Martin
 Margaret McKiernan
 Albert Mello
 Kathleen Mello
 Angela Mueller
 Mary Natale

Frank Nencka
 Alice Patterson
 Jardelina Pereira
 Sandra M. Rodrigues
 Raymond Savaria
 John Saviano
 Monie Scanlon
 Florence Silva
 Idailda Silva
 Bobby Strickland
 Robbie Strickland
 Garry Tannock
 Janice Whitmore

BLOOD PRESSURE CHECK—Blood Pressure Checks are cancelled for February.

HEALTH INSURANCE COUNSELING is available on Tuesday mornings, by appointment. John Garahan, a qualified Senior Health Insurance Program (SHIP) Counselor, is available to assist with health insurance questions, retirement options, Medicare, prescription assistance, etc. Call our Center to schedule an appointment.

SNAP (Supplemental Food Assistance Program) provides extra help to purchase food. To complete an application call the Center for an appointment.

AARP TAX ASSISTANCE

**Thursdays beginning February 3rd
 BY APPOINTMENT**

Tax assistance is available to assist the elderly and low to moderate income Rhode Island residents with their tax returns at no cost. This includes the preparation of filing of federal and state returns as well as property tax relief applications. For more information, exclusions or an appointment, call 247-1930. Please bring a government-issued ID card, Social Security cards, 2019 and 2020 tax returns, income documents (W-2), SSA-1099, mortgage interest, property taxes, federal and state income taxes paid, etc.

NEW CLASSES

CHAIR YOGA, Wednesdays at 9:45 a.m. Yoga has many benefits including restoring mobility, increasing range of motion, flexibility and balance and relieving stress. \$1.50/class/member. Pat Fox, Instructor

SENIOR FITNESS, Tuesdays and Thursdays at 10:30 a.m. Standing and sitting exercises to strengthen your heart, lungs and all key posture muscle groups. \$1.50/class/member. Deb Gagnon, Instructor

STRENGTH AND BALANCE, Fridays at 9:30 a.m. Targeted exercises to improve strength and balance. \$1.50/member. Kyra Little, Instructor.

BOOK CLUB, Wednesday, February 23rd, 10:00 a.m. This month's selection is "The Lions of Fifth Avenue" by Fiona Davis. It takes readers on a journey into the heart of one of New York's most venerable landmarks, the New York Public Library, in a story that follows two generations of strong-minded women, both connected to a mysterious series of rare book thefts. New readers always welcome.

COMPUTER ISSUES COURSE, Wed. afternoons at 2:00 p.m. beginning Feb. 2nd. Class is currently full.


UKELELE LESSONS, Wednesday, February 16th, 9:30 a.m. Great opportunity to try something new!! Playing an instrument has health benefits including increased eye-hand coordination, and improved brain function and focus. Join Otis Read, a local musician, as he explains details of the program and the cost involved. Sign up with Betty.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 8:30-11 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/ Crocheting 1:00 Mah Jongg 1:00 500 Rummy	2 9:45 Chair Yoga 10:00 Crafts 10:00 Book Club 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course	3 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	4 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring
7 11:30 Lunch	8 8:30-11 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/ Crocheting 1:00 Mah Jongg 1:00 500 Rummy	9 9:45 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course	10 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking 1:00 Movie	11 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring
14 11:30 Lunch HAPPY VALENTINE'S DAY	15 8:30-11 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/ Crocheting 1:00 Mah Jongg 1:00 500 Rummy	16 9:30 Ukelele Program 9:45 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course	17 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	18 9:00 Cribbage 9:30 Strength/Balance 10:00 Immunizations Presentation 1:00 Bingo 1:00 Coloring
21 PRESIDENTS' DAY SENIOR CENTER CLOSED WARREN CAFÉ CLOSED	22 8:30-11 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/ Crocheting 1:00 Mah Jongg 1:00 500 Rummy	23 9:45 Chair Yoga 10:00 Crafts 10:00 Book Club 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course	24 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	25 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring
28 11:30 Lunch				

SUPPORT OUR ADVERTISERS!



February 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the RI OHA</i></p> <p>\$3.00 Suggested Donation</p>	<p>1 Potato and Leek Soup Oven Roasted Turkey w/Gravy Stuffing Normandy Blend Vegetable Cookie Pumpkin Bread Turkey and cheese w/ mayo on Pumpkinickel</p>	<p>2 Split Pea Soup Corned Beef w/ mustard Boiled Potato Carrot and Cabbage Blend Rye Bread Fresh Fruit Corned Beef and Swiss w/ mustard on Rye</p>	<p>4 Beef Vegetable Soup Beer Battered Fish w/ tartar sauce Mashed Potato Green Beans Pudding Roll Beer Battered Fish w/ tartar sauce on Roll</p>	<p>4 Red Chowder Egg Salad on Tossed Salad w/ Dressing Pie Pita Bread Egg Salad on Pita bread</p>
<p>7 100% Juice Cheese Omelet Sausage Patty Tomato Half Fruit Cup Croissant Cheese Omelet on croissant</p>	<p>8 Chicken Soup w/ egg barley Italian Style Chicken Culet Rice Pilaf Cole Slaw Brownie Italian Bread Chicken Culet on Italian w/ mayo</p>	<p>9 Minestrone Soup Seafood Salad Pasta Salad Broccoli Slaw Fresh Fruit Wheat Bread Seafood Salad on wheat</p>	<p>10 Cream of Broccoli Soup Chicken Cacciatore Roasted Potato Mixed Vegetables Peaches Dinner Roll Grilled Chicken on roll w/ mayo</p>	<p>11 Italian Wedding Soup Beef Tips w/ Mushrooms Buttered Noodles Sliced Carrots Cookie Wheat Dinner Roll Pub Burger on Wheat Hamburger Roll / mustard</p>
<p>14 Split-Pea Soup Baked Ham w/ Pineapple Sweet Potatoes Mixed Vegetables Rye Bread Butterscotch Pudding Ham Salad on Rye</p>	<p>15 Pasta and Bean Soup Baked Fish w/ crumb topping Oven Roasted Potato Green Beans Marble Bread Coffee Cake Fish Sandwich on Marble w/ tartar sauce</p>	<p>16 Chicken Soup Fried Steak w/ Country Gravy Mashed Potato Winter Blend Vegetables Fresh Fruit Wheat Bread Fried Steak on Wheat w/ mayo</p>	<p>17 Barley Veg. Soup Roasted Chicken Quarter Seasoned Whole Wheat Pasta Capri Blend Vegetables Pudding Pumpkinickel Bread Chicken Salad on Pumpkinickel</p>	<p>18 Minestrone Soup Yankee Pot Roast w/ Gravy Parsled Potatoes Seasoned Zucchini Fruit Cocktail Oatmeal Bread Pot Roast on Bulky roll</p>
<p>21 CLOSED President's Day </p>	<p>22 Cream of Spinach Soup Chicken Marsala Roasted Herb Potato Mixed Vegetables Country White Bread Sliced Peaches <i>Grilled Chicken on white bread w/ mayo</i></p>	<p>23 Lentil Soup Low Sodium Hot Dog w/ mustard Baked Beans Cole Slaw Jello Dinner Roll Low Sodium Hot Dog on a roll w/ mustard</p>	<p>24 Venus de Milo Soup Swedish Meatballs Buttered Noodles Sliced Carrots Multi Grain Bread Cupcake Meatball Grinder on a roll</p>	<p>25 Clear Chowder Seafood Casserole Rice Pilaf Broccoli Cuts Wheat Bread Fresh Fruit Seafood Salad on Wheat</p>
<p>28 Beef Barley Soup Meatloaf w/ Gravy Baked Potato w/Sour Cream Mixed Vegetables Wheat Bread Chocolate Pudding Meatloaf w/ ketchup om wheat</p>	<p>ALL SANDWICHES INCLUDE 100 % JUICE L/S CHIPS DESSERT MILK</p> <p>All menu items may contain Nuts, Seeds, Bran, Beans, Wheat, Eggs and other allergens. MENU ITEMS ARE SUBJECT TO CHANGE</p>			

February Activities

MOVIE PRESENTATION—“DREAM HORSE” Thursday, February 10th, 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, February 18th, 1:00 p.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 corona virus vaccines, there are others that are important to receive, especially in the older adult population. Sponsored by the URI Pharmacy Outreach Program. Sign up with Betty.

Home Improvement Program through Habitat for Humanity

As we age we may need to make a few changes in our home to make it safe. Habitat for Humanity’s program for older adults can help make important home modifications and repairs. Participants receive: a comprehensive health, safety and home performance assessment; a free basic package of aging-in-place modifications and repairs valued at almost \$1000; linking to other available home repair programs and funds.

Key eligibility requirements are: a homeowner who is age 65 or older, with an income of up to \$48,450 for a single person and \$55,400 for a couple, and proof of homeowners insurance.

If you are interested in this program, we will have a presentation in March. Otherwise you can contact Cindy at 831-5424, extension 200 for more information.

New Year’s Resolutions

2018: I will get my weight down below 180 pounds. 2019: I will follow my new diet religiously until I get below 200 lbs. 2020: I will develop a realistic attitude about my weight. 2021: I will work out 3 days a week. 2022: I will try to drive past a gym at least once a week!



View our newsletter online at:

ourseniorcenter.com and enter Warren Senior Center and zip code 02885. There you will find the most current newsletter as well as newsletters from the past year. You can also subscribe to receive the newsletters monthly.



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