

WARREN SENIOR CENTER

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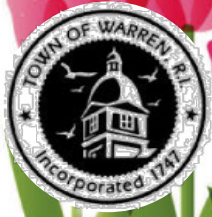
247-1930

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



Elizabeth Hoague Director

FREE

VOL. 25, NO. 03

MARCH, 2022

WARREN, RI

News and Thoughts from The Director:

With the cold and bitter temperatures of winter almost behind us, let's look forward to the sunny and warm days of spring. Covid infection rates are down and hopefully we can look forward to a more normal life-style. This month we celebrate a new season with new classes and activities. Let this be a month of discovery and try something new. We have much to offer.

Many thanks to the AARP Tax Assistance Program and their volunteers who prepare state and federal income tax forms and property tax relief forms at no charge for low-to-moderate income taxpayers, especially those 60 and older. Please call my office if you would like an appointment. Tax assistance will be available until April 14th.

Il celebration of St. Patrick's Day, a simple Irish prayer: "May God give you...For every storm, a rainbow, for every tear, a smile, for every care, a promise, and a blessing in each trial. For every problem life sends, a faithful friend to share, for every sigh, a sweet song, and an answer for each prayer.

Betty



THIS MONTH'S ACTIVITIES INCLUDE:

Wednesday, March 9th

Thursday, March 17th

Thursday, March 17th

Friday, March 18th

Thursday, March 24th

Friday, March 25th

Wednesday, March 30th

Wednesday, March 30th

Computer Course begins

St. Patrick's Day Luncheon

Irish Celebration of Song with the Island Chorus

Home Improvement Program w/ Habitat for Humanity

"Stronger Together" Workshop

"Accessing Services You Need"

Book Club

Painting Course begins



Birthdays to Celebrate this Month!

Lorraine Alfred-Cortellessa
Elwood Black
Patricia Blinn
Paul Bullock
Lorraine Cabral
Ethel Carey
Phyllis Carter
Robert Curran
Mark Daniels



Aldora DaSilva
Julie Donald
Martha Ann Drolet
Bunny Enos
James Evans
Eleanor Ferreira
Karen Field
Michelle Finan
Louise Genovasi
Nancy Grandlodge

Jeanne Leffers
Alice Luciano
Herman Martin
Charlotte Martino
James McMahan
Nancy McMahan
Helen McNiff
Betty Moreira
Linda Oliver
Charles Otley



Connie Palumbo
Lorraine Perry
Florinda Pimentel
Nancy Primiano
Janice Purcell
Ann Marie Sandell
Joseph Tavares
Barbara Uhrig

BLOOD PRESSURE CHECK—Tuesday, March 8th, 9:15-10:15 a.m. Many thanks to Mary Beth Lescault, RN from Grace Barker Health for this service to our Center.

HEALTH INSURANCE COUNSELING is available on Tuesday mornings, by appointment. John Garrahan, 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 from 9:00 a.m.—1:00 p.m.

Until April 14th

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.

CHAIR YOGA Wednesdays at 9:45 a.m. Restore mobility, increase range of motion, flexibility and balance and relieves stress. \$1.50/class/member.

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

STRENGTH /BALANCE, Fridays at 9:30 a.m. Exercises to improve strength and balance. \$1.50/member.

BOOK CLUB, Wednesday, March 30th, 10:00 a.m. This month's selection is "Eleanor Oliphant is Completely Fine" by Gail Honeyman, The story centers on Eleanor Oliphant, a social misfit with a traumatic past who becomes enamored with a singer, whom she believes she is destined to be with.

COMPUTER ISSUES COURSE, Wed. afternoons at 2:00 p.m. beginning March 9th. 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 required. \$25/member.

PAINTING COURSES, Wednesday mornings at 10 a.m. beginning March 30th and April 27th. "Every artist was an amateur" quotes Ralph Waldo Emerson. Come discover your hidden talent! Local artist Richard Kaiser will instruct two, four-week courses with all supplies included. Great class for all levels. \$23/member. Payment due at time of registration.

SMART PHONES, TABLETS, E-READERS EXPLAINED, Wednesdays afternoons by appt. Do all these gadgets have you confused? Let David Jameson, with over 25 years of experience, help you understand them. Will work one-on-one with you and your gadget!



March Menu 2022



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	3 9-1 AARP Tax Prep 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	4 9:00 Cribbage CANCELLED 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukelele
7 11:30 Lunch	8 8:30-11 SHIP 9:15-10:15 Blood Pressure Checks 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 9-1 AARP Tax Prep 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	11 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukelele
14 11:30 Lunch	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 9:45 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course	17 9-1 AARP Tax Prep 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 11:30 St. Patrick's Lunch 1:00 St. Patrick's Entertainment 1:00 Cribbage 1:00 Scrapbooking	18 9:00 Cribbage 9:30 Strength/Balance 10:00 Home Improvement Program 1:00 Bingo 1:00 Coloring 2:00 Ukelele
21 11:30 Lunch	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 9-1 AARP Tax Prep 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking 1:00 Stronger Together	25 9:00 Cribbage 9:30 Strength/Balance 10:00 Accessing Services You Need Presentation 1:00 Bingo 1:00 Coloring
28 11:30 Lunch \$3.00 Suggested Donation	29 8:30-11 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 500 Rummy	30 9:45 Chair Yoga 10:00 Crafts 10:00 Book Club 10:00 Painting Begins 12:30 Smart Phone Help 1:00 Beading 2:00 Computer Course		

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March Menu 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i></p> <p>1 Chicken Soup w/ orzo Chicken Cordon Bleu w/ gravy Lyonnaise Potato Roasted Zucchini Fruit Cocktail Rye Bread Chicken Loaf w/ mayo on Rye</p>	<p>2 Lentil Soup Baked Fish w/ Crumb Topping Mashed Potato Garlic Spinach Cookie Wheat Bread Fish Sandwich w/Tartar Wh</p>	<p>3 Tomato and Basil Soup Roast Turkey w/ gravy Corn Bread Stuffing California Vegetables Fresh Fruit Marble Bread Turkey & Cheese w/mayo on Marble</p>	<p>4 Italian Wedding Soup Meatballs w/ sauce Pesto Pasta Mixed Vegetables Brownie Italian Bread Meatball Sub on Grinder Roll</p>	
<p>7 Vegetable Soup Pub Burger w/ mushroom gravy Rice Pilaf Carrots Pudding Dinner Roll Pub Burger w/ Mustard / Roll</p>	<p>8 Split Pea Soup Baked Ham w/ Pineapple slice Sweet Potato Prince Edward Vegetables Lorna Doones Pumpernickel Bread Ham and Cheese w/ mustard on pumpernickel</p>	<p>9 100% Juice Beef Tips w/ mushrooms Buttered Noodles Capri Blend Vegetables Sliced Peaches Oatmeal Bread Roast Beef w/ mayo on oatmeal</p>	<p>10 Beef Noodle Soup Grilled Chicken w/ Cucumbers, Mandarin Oranges, Crispy Noodles, Iceburg Lettuce w/ Sesame Dressing Croissant Fresh Fruit Grilled Chicken on croissant</p>	<p>11 Red Chowder Stuffed Sole Mashed Potato Broccoli Slaw Tapioca Pudding Wheat Bread Fish Sandwich w/ tartar on wheat</p>
<p>14 Lentil Soup Italian Style Chicken Cutlet Seasoned Tortellini Winter Blend Vegetables Yogurt Italian Bread Chicken Cutlet w/ mayo Italian</p>	<p>15 Chicken Soup Pork Loin w/ gravy Wild Rice Mixed Vegetables Lemon Pudding Rye Bread Pork Loin and Cheese / Rye</p>	<p>16 Turkey and Rice Soup American Chop Suey Elbow Pasta Baby Whole Carrots Fresh Fruit Multi Grain Bread Roast Beef and Cheese w/ mayo on Multi</p>	<p>17 Split Pea Soup Corned Beef w/ mustard Boiled Potato Carrot and Cabbage Mix Jello Pumpernickel Bread Corned Beef and Swiss on Pumpernickel w/ mustard</p>	<p>18 White Chowder Crab Cake w/Tartar Sauce Rice Pilaf Broccoli Slaw Brownie Dinner roll Crab Cake w/ tartar on roll</p>
<p>21 Pasta and Bean Soup Italian Sausage w/ mustard Oven Roasted Potato Peppers and Onions Fruit Cup Roll Italian Sausage w/ mustard on roll</p>	<p>22 Barley Soup Meatloaf w/gravy Garlic Mashed Potato Tomato/Cucumber Salad Pudding Wheat Bread Meatloaf w/ ketchup on wheat</p>	<p>23 Butternut Squash Soup Chicken Masala Rice Pilaf Broccoli Cuts Fresh Fruit Multi Grain Bread Chicken Salad on Multi</p>	<p>24 100% Juice Beef Stroganoff Buttered Noodles Sliced Carrots Cookie Rye Bread Ham and cheese on rye w/ mustard</p>	<p>25 Clear Chowder Vegetable Burger Au Gratin Potato Mixed Vegetable Fruit Bar Wheat Bread Vegetable Burger/must/wheat</p>
<p>28 Chicken Soup Veal Parm w/ sauce Seasoned Pasta Three Bean Salad Yogurt Italian bread Veal Parm on Italian</p>	<p>30 Minestrone Soup Pot Roast w/ gravy Mashed Potato Mixed Vegetable Wheat bread Pudding Cup Pot Roast on Wheat</p>	<p>31</p>		

March Activities

ST. PATRICK'S DAY LUNCHEON, Thursday, March 17th, 11:30 a.m. Join us as we enjoy split pea soup, corned beef w/mustard, boiled potato, carrot/cabbage mix, Jello, bread, milk and decaf coffee/tea. Suggested donation is \$3.00. Seating is limited. Sign up with Anne or Sue by Wed., March 16th.

IRISH CELEBRATION OF SONG WITH THE ISLAND CHORUS, Thursday, March 17th, 1:00 p.m. Join us for an afternoon of Irish songs with the wonderful voices of the Island Chorus under the direction of Josephine Vierra. Refreshments to follow. Sign up with Betty.

HOME IMPROVEMENT PROGRAM THROUGH HABITAT FOR HUMANITY, Friday, March 18th, 10:00 a.m. Most homes are not designed to be lived in by older adults. As older adults age they are more likely to face real dangers such as injuries from falling and being unable to maneuver around their home. Older adults are at higher risk from falls especially those with low incomes who aren't in a position to make necessary home repairs and modifications. Habitat for Humanity of Greater Providence Can Help by offering a program to help older adults live in their homes longer. Program highlights include: a **FREE** comprehensive home assessment and analysis, \$1,500 grants to help reduce falls, stress and depression by improving home conditions such as ramps, railings, lighting and more; and referrals to additional programs and services. Presented by Mark Kravitz, Executive Director. Sign up with Betty.

"STRONGER TOGETHER" WORKSHOP, Thursday, March 24th, 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, Program Director. Register with Betty.

"ACCESSING SERVICES YOU NEED," Friday, March 25th, 10:00 a.m. Linn Health Navigator was developed to provide comprehensive, coordinated services to educate and refer seniors to the right community and professional services available to keep them healthy and in their home. Learn more about this great resource. Kathy Shatraw, Presenter. Sign up with Betty.

FUTURE ACTIVITIES

"MY FAIR LADY" at the Providence Performing Arts Center on Thursday, May 12th for a 1:00 p.m. performance. From Lincoln Center Theater and director Bartlett Sher comes "a sumptuous new production of the most perfect musical of all time." Boasting such classic songs as "I Could Have Danced All Night," "The Rain in Spain," and "Wouldn't It Be Lovely." "My Fair Lady" tells the story of Eliza Doolittle, a young Cockney flower seller, and Henry Higgins, a linguistics professor who is determined to transform her into his idea of a "proper lady." But who is really being transformed? \$53/member includes show, transportation and driver's tip. A deposit of \$20 is due upon reservation. Balance due April 15th. Must bring picture ID, vaccination card and mask.

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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