

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

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APRIL 2022

WARREN, RI

News and Thoughts from the Director:

There are many things to consider in the healthy aging process. Most of us are aware of attending to medical issues, such as blood pressure, diabetes, etc. However, something that we tend to forget about is the importance of socialization. Socialization plays a large role in maintaining quality of life as we age. Research has shown that those older adults, who have a strong social network, seem to have a higher quality of life, live longer and are healthier compared to those who have little social support. The “use-it” or “lose-it” theory seems to be true—social engagement may stimulate multiple body systems including the cognitive, cardiovascular and neuromuscular systems. So visit our Center to socialize and meet new friends — you will definitely feel better!!

April is volunteer month and I want to take this opportunity to thank all who volunteer their time here at the Center. I am blessed to have so many wonderful volunteers and I appreciate all the good work that you do. You sure do make our Senior Center (and our world) a better place!

AARP Tax Assistance continues on Thursdays, April 7th and 14th. To have your Federal and State returns completed, please contact my office for an appointment. Many thanks to the volunteers from AARP who spent every Thursday preparing returns for RI residents. Over 330 returns will have been completed by the April 18th deadline. A round of applause for the volunteers for their service and kindness to our community.

Betty

The Warren Senior Center will close at 12 noon on Friday, April 15th in observance of Good Friday. No afternoon activities.



THIS MONTH'S ACTIVITIES INCLUDE:

Tuesday, April 12th

Friday, April 15th

Monday, April 18th

Thursday, April 21st

Saturday, April 23rd

Wednesday, April 27th

Wednesday, April 27th

Blood Pressure Checks

“Restless Leg Syndrome” Presentation

Easter Monday Ham Dinner

“I Bet You Never Thought Of It That Way” DVD

Drug Take Back Day

Painting Course begins

Book Club

Birthdays to Celebrate this Month!

Frances Abendroth
Suzanne Almeida
Joseph Amaral
Lucille Amaral
Joao Branquinho
Wendy Brennen
Rebecca Cambrola
Anthony Como
Molly Connor
George Cote
Joann DeVoe
Madeline Ernest
Sally Erwin



Mary Jane Grimo
Susan Holstein
Joyce Kazarian
Kathleen Lamoray
Jeannette Lanoie
Ed Martel
Peter Martin
Stan Maston
Sharon Matson
Kathleen Moran
Donna O'Malley
Wendy Pacheco
Mary Ann Palazio



Frances Palazzo
Alfred Paulan
Diane Perry
Patricia Platt
Michael Primiano
Beverly Rainey
Norman Rochon
Mary Samson
Richard Savard
Millie Turcotte
Claire Turner
Susan Wills

BLOOD PRESSURE CHECK, Tuesday, April 12th, 9:15-10:15 a.m. Many thanks to Grace Barker Nursing Center and The Willows for this valuable service to our seniors.

SENIOR HEALTH INSURANCE PROGRAM COUNSELING is available on Tuesday mornings. John Garrahan, a qualified SHIP counselor, is available to assist with health insurance and Medicare questions, retirement options, prescription assistance, etc. Contact the Center at 247-1930 for an appointment.

SNAP (Supplemental Food Assistance Program) provides extra help to purchase food. For information or to complete an application, call the Center at 247-1930 for an appointment.

AARP TAX ASSISTANCE

**Thursdays, April 7th and 14th
By Appointment**

Tax assistance is available to elderly and low-to-moderate income RI residents. This includes the preparation and filing of federal and state returns as well as property tax relief applications. For more information or to schedule an appointment, call the Center at 247-1930

NEW CLASSES & ACTIVITIES

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

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

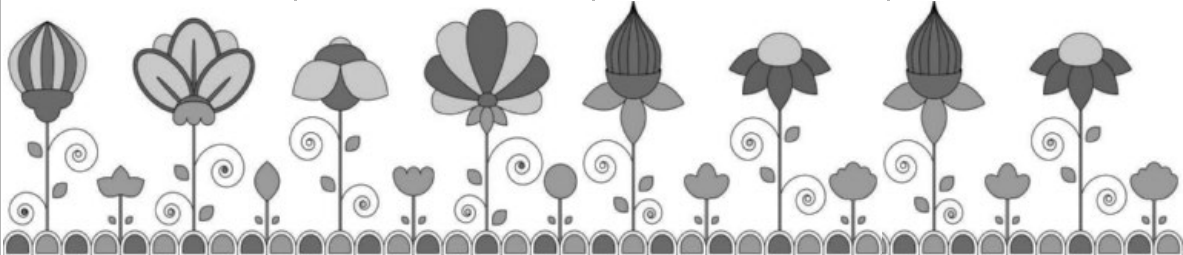
STRENGTH/BALANCE, Fridays at 9:30 a.m. Exercises to improve strength and balance. \$1.50/member.

BOOK CLUB, Wednesday, April 27th, 10 a.m. This month's selection is "Firekeeper's Daughter" by Angeline Boulley and is a heart-pounding groundbreaking thriller about a Native teen who goes undercover to expose corruption in her community. New readers welcome!

PAINTING COURSE, Wednesdays at 10:00 a.m. Beginning April 27th. Class is currently full.

SMART PHONES, TABLETS, E-READERS EXPLAINED, Wednesdays afternoons, by appointment. 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.

BINGO, Friday afternoons at 1:00 p.m. Join us for an afternoon of fun and the chance to win cash prizes from \$20—\$40. Refreshments served. Please arrive by 12:30 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele Lessons
4	8:30-11 SHIP 5 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Mah Jongg 1:00 Rummy 500	6	9-1 AARP Taxes 7 9:00 HiLo Jack 9:30 Bowling 10:15 Senior Aerobics 1:00 Cribbage 1:00 Scrapbooking	8
11:30 Lunch		10:00 Crafts 10:00 Painting 12:30 Smart phone help 1:00 Beading 2:00 Computer		9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele Lessons
11	8:30-11 SHIP 12 9:15-10:15 Blood Pressure 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Mah Jongg 1:00 Rummy 500	13	9-1 AARP Taxes 14 9:00 HiLo Jack 9:30 Bowling 10:15 Senior Aerobics 1:00 Cribbage 1:00 Scrapbooking	15
11:30 Lunch		10:00 Crafts 10:00 Painting 12:30 Smart phone help 1:00 Beading 2:00 Computer		9:00 Cribbage 9:30 Strength/Balance 10:00 Restless Leg Syndrome CENTER CLOSSES AT 12 NOON ON GOOD FRIDAY
18	8:30-11 SHIP 19 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Mah Jongg 1:00 Rummy 500	20	9:00 HiLo Jack 21 9:30 Bowling 10:15 Senior Aerobics 1:00 Cribbage 1:00 Scrapbooking 1:00 Movie	22
11:30 Easter Lunch		10:00 Crafts 10:00 Painting 12:30 Smart phone help 1:00 Beading		9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele Lessons
25	8:30-11 SHIP 26 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Mah Jongg 1:00 Rummy 500	27	9:00 HiLo Jack 28 9:30 Bowling 10:15 Senior Aerobics 1:00 Cribbage 1:00 Scrapbooking	29
11:30 Lunch		10:00 Crafts 10:00 Painting 10:00 Book Club 12:30 Smart phone help 1:00 Beading		9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele Lessons

SUPPORT OUR ADVERTISERS!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
\$3.00 Suggested Donation	<i>Funded in part by the US administration on aging and state funds by the Rhode Island Department of Elderly Affairs.</i>	<i>All menu items may contain nuts, seeds, beans, wheat bran, and other allergens Menu Subject to Change</i>		1 Red Chowder Seafood Salad Pasta Salad Carrot Slaw Peaches Croissant Seafood Salad on croissant
4 100% Juice Turkey Chili w/ Shredded Cheddar Cheese Corn Bread Seasoned Broccoli Pudding Turkey and Cheese w/ mayo on White	5 Tomato Vegetable Soup Low Sodium Hot Dog w/ mustard Baked Beans Cole Slaw Cookie Dinner roll Hot Dog on roll w/ mustard	6 Kale and Bean Soup Veal w/ Mushroom Gravy Seasoned Whole Grain Ziti Winter Blend Vegetables Fresh Fruit Garlic roll Veal on bulky roll	7 Beef Vegetable Soup Rosemary Chicken Oven Roasted Chicken California Blend Vegetables Fruit Cup Pumpernickel Bread Rosemary Chicken on Prpmer-nickel	8 White Chowder Stuffed Sole Mashed Potato Baby Whole Carrots Brownie Wheat Bread Fish Sandwich on wheat w/ tartar
11 Pasta and Bean Soup Italian Sausage w/ mustard Seasoned Shells Peppers and Onions Tapioca Pudding Roll Italian Sausage on grinder roll w/ mustard	12 Minestrone Soup Chicken Cordon Bleu w/ Gravy Lyonnaise Potato Roasted Zucchini Rye Bread Fruit Cocktail Chicken and cheese on rye w/ mayo	13 Chicken Escarole Soup Pub Burger w/ Mushroom Gravy Mashed Potato Mixed Vegetables Fig Newton Wheat Bread Pub Burger on wheat w/ mustard	14 Vegetable Soup Garlic Shrimp Seasoned Shells Capri Blend Vegetables Fresh Fruit Italian Bread Shrimp Salad on Italian	15 100% Juice Cheese Omelet Home fried Potato Tomato Half Muffin Cheese Omelet on Wheat
18 Split Peas Soup Baked Ham w/ pineapple slice Sweet Potato Green Beans Cookie Rye Bread Ham and cheese w/ mustard on rye	19 Venus de Milo Soup Meatloaf w/ Gravy Garlic Mashed Potato Mixed Vegetable Lorna Doones Multi Grain Bread Meatloaf w/ ketchup on multi grain	20 Tomato and Beef Soup Vegetable Burger Scalloped Potato Roasted Brussel Sprouts Fruit Cup Wheat Bread Vegetable Burger on Wheat	21 Italian Wedding Soup Veal Parmesan Pesto Tortellini Italian Blend Vegetable Fresh Fruit Italian Bread Veal Parm on Italian	22 Lentil Soup Fried Steak w/ Country Gravy Mashed Potato Sliced Carrots Yogurt Oatmeal Bread Fried Steak on Oatmeal
25 Vegetable Soup Kielbasa w/ Mustard Boiled Potato Carrot and Cabbage Blend Jello Rye Bread Kielbasa w/ mustard on Rye	26 Tomato and Rice Soup BBQ Chicken Baked Beans Cole Slaw Corn Bread Cookie BBQ Chicken on Bulky Roll	27 Chicken Soup w/ andi de pepe Pork Loin w/ gravy Mashed Potato Mixed Vegetable Fresh Fruit Marble Bread Pork Loin on Marble Bread	28 100% Juice Entrée Salad Tuna on Lettuce/Dressing Croutons Tomato and Cucumbers Pudding Pita Bread Tuna on Pita	29 Onion Soup Pot Roast w/ Gravy Rice Pilaf Green Beans Cake Wheat Bread Pot Roast on wheat

RESTLESS LEG SYNDROME, Friday, April 15th, 10 a.m. It is estimated that over 12 million Americans suffer from RLS. Learn about the syndrome and how it can be treated. Sponsored by the URI Pharmacy Outreach Program. Sign up with Betty

EASTER HAM LUNCHEON, Monday, April 18th. Join us for split pea soup, baked ham /pineapple, sweet potato, green beans, cookie, bread, decaf coffee/tea. Suggested donation is \$3.00. Sign up by Friday, April 15th, 11 a.m. by calling 245-8140 between 8:30—11:30 a.m.

“I BET YOU NEVER LOOKED AT IT THAT WAY,” Thursday, April 21st, 1:00 p.m. Part of the charm of Yakov Smirnoff’s comedy lies in his inspiring and humbling story. From fleeing from the USSR to his newfound life as an American citizen, you’ll love hearing his hilarious and heartwarming stories . Join us for an afternoon of great fun and lots of laughs! Sure to be a good time. Refreshments to follow.

“MY FAIR LADY,” May 12th at the Providence Performing Arts Center. Trip is currently full. \$53/member. Balance due April 15th. School bus transportation departs from St. Thomas the Apostle Church at 11:45 a.m., returning at 4:30 p.m. UPDATED REQUIREMENT: Masks must be worn on the bus and in PPAC.

THEATRE BY THE SEA, Thursday, June 16th. Our day begins with a delicious luncheon at a South County restaurant. After lunch we will travel to Theatre By the Sea for the performance of “Million Dollar Quartet.” The Tony® Award nominated musical is set on December 4, 1956, when an extraordinary twist of fate brought Johnny Cash, Jerry Lee Lewis, Carl Perkins, and Elvis Presley together at Sun Records in Memphis for what would be one of the greatest jam sessions ever. **MILLION DOLLAR QUARTET** brings that legendary December night to life with an irresistible tale of broken promises, secrets, betrayal and celebrations that is both poignant and funny. Relive the era with the smash-hit sensation featuring an incredible score of rock ‘n’ roll, gospel, R&B and country hits. Sign up with Betty. More details and pricing to follow.

YOUTH MENTOR PROGRAM—VOLUNTEERS NEEDED

The Warren Parks and Recreation Department received a grant to create the Warren Youth mentoring program. This program will empower youth in our community to make positive life choices that enable them to maximize their potential. The mentoring program connects adult volunteers with young adults in one to one or group settings. If you would like to volunteer an hour a week or want more information, contact Tara Thibaudeau, Program Director at 825-4623.

FREE FRESH PRODUCE BOXES

Free fresh produce boxes are available through the Senior Farmers Market Nutrition Program. These boxes will replace the Farmers’ Market Voucher Program. To be eligible you must be a Warren resident, 60+ years of age or receiving SSDA, earn less than \$23,828 for 1 person and \$32,227 for 2 persons. Sign up with Betty by Wednesday, April 13th. Delivery is scheduled for July 20th. If you are a resident of the Kickemuit Village, please sign up at the Housing Office.

[VIEW OUR NEWSLETTER ONLINE](#)

Visit www.ourseniorcenter.com to view our current newsletter as well as past issues. See what events are happening at our Center.



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