

# 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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MAY 2022

WARREN, RI

## News and Thoughts from the Director:

Older adults play vital, positive roles in our communities—as family members, friends, mentors, volunteers, etc. “Just as every person is unique, so too is how they age and how they choose to do it—and there is no “right” way. That’s why the theme for Older Americans Month (OAM) 2022 is *Age My Way*. *This year’s theme focuses on how older adults can age in their communities, living independently for as long as possible and participating in ways they choose.*

While *Age My Way* will look different for each person, here are some considerations:

- \* Planning: Think about what you will need and want in the future, from home and community-based services to community activities that interest you.
- \* Engagement: Remain involved and contribute to your community through work, volunteer and/or civic participation opportunities.
- \* Access: Make home improvements and modifications, use assistive technologies, and customize support to help you better age in place.
- \* Connection: Maintain social activities and relationships to combat social isolation and stay connected to your community.” Our Center is a great resource for available services, opportunities, and connection!

May is membership month and we have much to offer our senior community, but it takes funding. Please support our Center by renewing your membership during the month. Membership is open to anyone over the age of 55 (and younger disabled persons) for a fee of \$7.00/year. New members are always welcome!

In celebration of Mother’s Day and Memorial Day, may God bless all our mothers and those who have passed away—family, friends, service men and women.

*Betty*

***The Warren Café will be closed on Monday, May 30th in observance of Memorial Day.***

## THIS MONTH’S ACTIVITIES INCLUDE:

FRIDAY, MAY 6TH .....	MOTHER’S DAY LUNCHEON
WEDNESDAY, MAY 11TH.....	COMPUTER GAMES COURSE
THURSDAY, MAY 12TH .....	MY FAIR LADY TRIP
THURSDAY, MAY 19TH .....	BIRTHDAY LUNCHEON CELEBRATION
THURSDAY, MAY 19TH .....	SONGS OF FAITH DVD
WEDNESDAY, MAY 25TH.....	BOOK CLUB DISCUSSION
THURSDAY, MAY 26TH .....	AARP DRIVER SAFETY COURSE

**MAY IS MEMBERSHIP MONTH. STOP BY THE CENTER TO JOIN OR RENEW YOUR MEMBERSHIP**

## *Birthdays to Celebrate the Month!!*

Madeline Almeida  
Shirley Alves  
Janet Coates  
Sharon Connolly  
Lorraine Damaso  
Tony Damaso  
Lorelle Evans  
Jessica Garakop



Verdi Glavin  
Debra Gorman  
Sally Grey  
Marlene Hermance  
Camille Hoover  
Elizabeth Lescault  
Bonnie Machado  
Rusty Matrone  
Edwin McClure



Kathryn Meseck  
Natalie Nencka  
Ann Parks  
Katee Shepard  
Pamela Steele  
Nancy Telford  
Ann Thomas  
Rebecca Travers  
Caroline Tremblay

*Belated April Birthday Wishes to Matt Silvia!*

**BLOOD PRESSURE CHECK**, Tuesday, May 10th, 9:15-10:15 a.m. Many thanks to Mary Beth Lescault, RN, from The Cove and The Willows at Grace Barker Health for this valuable service.

**HEALTH INSURANCE COUNSELING** is available on Thursdays, by appointment. John Garrahan, a certified senior health insurance counselor, will assist you with health insurance questions, retirement options, Medicare advice, prescription assistance, etc.

**SNAP** (Supplemental Nutritional Assistance Program) Call the Center to set up an appointment to complete an application for food assistance.

### **RI TALKING BOOKS LIBRARY**

Talking Books Library, (TBL) is administered by the RI Office of Library & Information Services. It is a regional network library, part of the National Library Service for the Blind and Physically Handicapped, a program sponsored by the Library of Congress, which provides **free** recorded books and equipment to eligible individuals.

This service functions as a **free** public library for RI residents who are unable to read standard print materials. Talking Books Library lends reading materials in audio format and provides specially-designed equipment that ships **free of charge** through the U.S. Postal Service.

Contact them at 401-574-9310.  
Email: [talking.books@olis.ri.gov](mailto:talking.books@olis.ri.gov)

### **CLASSES**

**AARP DRIVER SAFETY COURSE**—Details on page 5.

**CHAIR YOGA**, Wednesdays at 9:30 a.m. Restore mobility, increase range of motion, flexibility and balance and relieve stress. \$1.50/member/class.



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

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

**SMART PHONES, TABLETS, E-READERS EXPLAINED**, Wednesdays by appointment. David Jameson is here to help you understand your gadget and provide hands-on-help for a better understanding.

**BOOK TALK**, Wednesday, May 25th, 10:00 a.m. , The Book Club selection for May will be "The Midnight Library" by Matt Haig. The novel ponders the infinite possibilities of life. Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices... Would you have done anything different, if you had the chance to undo your regrets? New readers welcome.

**ALL ABOUT GAMES ON THE COMPUTER**, Wednesdays at 2:00 p.m. beginning May 11th. Gaming is a workout for your mind disguised as fun. Learn what free games are available on the computer and how to access them. 4classes/\$20/member

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 	3 8:30-11:00 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 Rummy 500 2:00 Ukulele	4 9:30am Chair Yoga 10:00 Crafts 10:00 Painting 12:30 Smart Phone Help 1:00 Beading	5 9:00 Hi Lo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	6 9:00 Cribbage 9:30 Strength/Balance 11:30 Mother's Day Lunch 1:00 Bingo 1:00 Coloring 2:00 Ukulele
9 11:30..Lunch	10 8:30-11:00 SHIP 9:15-10:15 Blood Press 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 Rummy 500 2:00 Ukulele	11 9:30am Chair Yoga 10:00 Crafts 10:00 Painting 12:30 Smart phone help 1:00 Beading 2:00 Computer	12 9:00 Hi Lo Jack 9:30 Bowling 10:30 Senior Fitness 11:45 My Fair Lady Trip 1:00 Cribbage 1:00 Scrapbooking	13 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele
16 11:30..Lunch	17 8:30-11:00 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 Rummy 500 2:00 Ukulele	18 9:30am Chair Yoga 10:00 Crafts 10:00 Painting 12:30 Smart phone Help 1:00 Beading 2:00 Computer	19 9:00 Hi Lo Jack 9:30 Bowling 10:30 Senior Fitness 11:30 Birthday Luncheon 1:00 Cribbage 1:00 Songs of Faith 1:00 Scrapbooking	20 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele
23 11:30..Lunch	24 8:30-11:00 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 Rummy 500 2:00 Ukulele	25 9:30am Chair Yoga 10:00 Crafts 10:00 Book Club 2:30 Smart Phone Help 1:00 Beading 2:00 Computer	26 9:00 Hi Lo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking 1:00 AARP Driver Safety Course	27 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele
30 Memorial Day Warren Café Closed	31 8:30-11:00 SHIP 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting/Crocheting 1:00 Mah Jongg 1:00 Rummy 500 2:00 Ukulele			

**SUPPORT OUR ADVERTISERS!**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2 NO lunch today</b></p>	<p>3 Chicken soup w/ Orzo <b>Shepherd Pie w/ Ketchup</b> Garlic Spinach Brownie Wheat Bread Pub Burger on roll w/ Ketchup</p>	<p>4 Pasta and Bean Soup <b>Salad Entrée</b> <b>Grilled Chicken w/ Mandarin orange, Crunchy noodles, Tomato/Lettuce /Asian Dressing</b> Roll Fresh Fruit Grilled Chicken on a roll</p>	<p>5 Italian Wedding Soup <b>Veal Parm w/ sauce</b> Seasoned Shells Green Beans Pudding Italian Bread Veal Parm on Italian</p>	<p><b>6 13 Mother's Day Luncheon</b> Onion Soup w/CROUTONS <b>Baked Chicken Quarter</b> Red Bliss Mashed Potatoes Capri Blend Vegetables Multi Grain Bread Coffee Cake Grilled Chicken on roll</p>
<p>9 Chicken Escarole Soup <b>Beef Stroganoff</b> Buttered Noodles California Blend Vegetables Cookie Marble Bread (Roast Beef and cheese w/ mayo on Marble)</p>	<p>10 Turkey Rice Soup <b>Fried Steak w/ Country Gravy</b> Mashed Potatoes Roasted Zucchini Fresh Fruit Pumpernickel Bread Fried Steak on Pumpernickel</p>	<p>11 White Chowder <b>Tuna Salad</b> Italian Style Pasta Salad Cole Slaw Fig Newton Wrap (Tuna on a wrap)</p>	<p>12 Chicken Noodle Soup <b>Knockwurst w/Mustard</b> Boiled Potatoes Mixed Vegetable Fruit Cup Italian Bread (Knockwurst w/ mustard on roll)</p>	<p>13 Split Pea Soup <b>Baked Ham w/Pineapple Slice</b> Sweet Potatoes Roasted Cauliflower Fresh Fruit Oatmeal Bread Ham and cheese w/ mustard on Oatmeal)</p>
<p>16 Lentil Soup <b>Meatballs in Sauce</b> Seasoned Pasta Italian Vegetables Sliced Pears Dinner Roll (Meatball Grinder on a Roll)</p>	<p>17 Tomato Brown Rice Soup <b>Veal w/Mushroom Gravy</b> Oven Roasted Potatoes Sliced Carrots Lemon Pudding Rye Bread (Veal on Rye)</p>	<p>18 Cream of Broccoli Soup <b>Beef Wellington</b> Lyonnaise Potato Salad w/dressing Fruit Cup Pumpernickel bread Egg salad on Pumpernickel</p>	<p>19 <b>BirthDay Celebration</b> Beef Vegetable Soup <b>Chicken Cordon Bleu w/Gravy</b> Rice Pilaf Asparagus Tips Frosted Cupcake Wheat Bread (Chicken Salad on Wheat)</p>	<p>20 Chicken Escarole Soup <b>Florentine Fish</b> Mashed Potatoes Mixed Vegetables Dinner Roll Fresh Fruit (Fish w/ tartar sauce on a Bun)</p>
<p>23 Vegetable Chowder <b>Marinated Grilled Chicken</b> Au Gratin Potatoes Roasted Brussels Sprouts Lorna Doones Rye Bread (Chicken Salad on Rye)</p>	<p>24 Chicken Vegetable Soup <b>Meatloaf w/Mushroom Gravy</b> Mashed Sweet Potatoes Roasted Vegetables Fresh Fruit Multi Grain Bread (Meatloaf w/ ketchup on Multi Grain)</p>	<p>25 Mushroom Barley Soup <b>Italian Sausage</b> Pesto Tortellini Peppers &amp; Onions Ice Cream Sandwich Wheat Bread Italian Sausage w/ mustard on a roll</p>	<p>26 Cream of Spinach Soup <b>Pub Burger</b> Baked Beans Sliced Carrots Tropical Fruit Oatmeal Bread Pub burger w/ mustard on roll</p>	<p>27 <b>Memorial Day Luncheon</b> Veggie Soup <b>Oven Roasted Airline Chicken</b> Wild Rice Broccoli / Cauliflower Blend Fresh Fruit Pumpernickel Bread (Chicken and cheese on Pumpernickel)</p>
<p>30 <b>CLOSED</b> <b>Memorial Day Observed</b></p>	<p>31 Barley Soup <b>Low Sodium Hot Dog</b> Macaroni &amp; Cheese Broccoli Fruit Bar Dinner Roll (Hot Dog on a Roll w/ mustard)</p>	<p><b>\$3.00 Suggested Donation</b></p>	<p><i>All menu items may contain Nuts, seeds, beans, wheat bran, and other allergens</i></p>	<p><i>Funded in part by the US administration on aging and state funds by the Rhode Island Office of Healthy Aging</i></p>

## MAY ACTIVITIES

**MOTHERS' DAY SPECIAL LUNCHEON**, Friday, May 6th, 11:30 a.m. Join us as we celebrate all the ladies at our Center with onion soup, baked chicken quarter, mashed potatoes, vegetable, coffee cake, decaf tea/coffee. Sign up by Thurs., May 5th, 11:30 a.m.

**"MY FAIR LADY" PERFORMANCE AT PPAC**, Thursday, May 12th. Transportation leaves from St. Thomas the Apostle Church at 11:45 a.m. for the 1 p.m. performance. **Please bring your ID, proof of vaccination, and a mask.** Trip is currently full.

**BIRTHDAY CELEBRATION LUNCHEON**, Thursday, May 19th, 11:30 a.m.. Join us as we celebrate all those who have a birthday in May. Menu includes beef vegetable soup, chicken cordon bleu, rice pilaf, asparagus, frosted cupcake, decaf coffee/tea. Suggested donation \$3.00. Sign up by Wed., 5/18, 11:30 a.m.

**'SONGS OF FAITH'** Thursday, May 19th, 1:00 p.m. Join us as we enjoy the inspirational songs of Daniel O'Donnell, one of the most prolific and popular recording artists Ireland has ever produced. Refreshments to follow. Sign up with Betty

**AARP DRIVER SAFETY COURSE**, Thursday, May 26th, 11:30—12 registration. Course runs from 12-4 p.m. This course is designed to continue quality driver education while introducing a focus on topics highly relevant for older drivers. AARP member \$20, nonmember \$25. **Payment due upon registration.** Contact your auto insurance company to determine if you qualify for a discount upon completion of the course.

**THEATRE BY THE SEA**, Thursday, **June 9th.** **Please note the change of date.** Our day begins with a delicious luncheon at Cap'n Jacks Restaurant with chowder and clam cakes, lobster roll or Chicken Caesar wrap, apple crisp, coffee/tea. After lunch we will travel to Theatre by the Sea for the performance of "Million Dollar Quartet". This musical brings Johnny Cash, Jerry Lee Lewis, Carl Perkins and Elvis Presley to life one December night 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. Trip includes coach transportation, lunch, show and driver's tip. \$88 per member due by Friday, May 20th. We will depart from St. Thomas the Apostle Church parking lot at 10:15 a.m. **Please bring ID, proof of vaccination, and mask. I will keep you updated, as these requirements may change.**

## JUST FOR LAUGHS!!

Young Billy and Willy were walking home from Sunday school where they had just learned about Noah's ark. Willy asked, "Do you think Noah did much fishing?" "How could he?" said Billy. "He had only two worms." — THE ADVOCATE.COM

A state trooper pulled alongside a speeding car on the freeway. Glancing at the car, he was astounded to see that the elderly woman behind the wheel was knitting. The trooper cranked down his window and yelled to the driver, "Pull over!" "No!" the woman yelled back. "It's a cardigan!" —KNITTINGHELP.COM

*It's Membership Renewal Time!*

*Renew your membership Tuesday—Friday, 8:30 a.m.—4:00 p.m.*

*New members are always welcome!*



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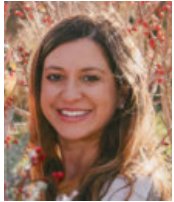
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