

WARREN SENIOR CENTER

FREE



20 LIBBY LANE, WARREN, RI 02885

247-1930

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

Warren Café 8:30 a.m. - 11:30 am (401) 245-8140

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

Elizabeth Hoague
Director

VOL. 25, NO. 06

JUNE 2022

WARREN, RI

News and Thoughts from the Director:

Many thanks to all who have renewed their membership. Membership registration will continue so stop by and renew your membership or become a new member. A great variety of classes and programs are offered. Our Center offers something for everyone!

MEDICARE FRAUD ALERT:

Medicare fraud can happen anywhere and lately many members have received calls from who they thought was Medicare offering them new cards and extra health benefits. This is a scam to get your personal information.

Medicare will never call you to sell anything or visit you at home. To protect yourself, never give out your Medicare or Social Security numbers to anyone except your doctor or people you know should have it. Guard your Medicare card like it is a credit card.

FREE PRODUCE BOXES:

The Department of Environmental Management is offering a second round of free fresh produce boxes to eligible individuals. The boxes include seasonal fresh fruits and vegetables and need to be preordered in the month of June for delivery in October. This program replaces the Farmers' Market Voucher Program. See inside for more details and eligibility.

In June we celebrate fathers and all the wonderful men in our lives, so be sure to join us for the Fathers' Day Luncheon on Friday, June 17th.

Betty

THIS MONTH'S ACTIVITIES INCLUDE:

- | | |
|---------------------------|---|
| Wednesday, June 8th..... | Computer Course—Shopping and Selling Sites |
| Thursday, June 9th | Theatre by the Sea Day Trip |
| Thursday, June 16th | June Birthday Celebration |
| Friday, June 17th..... | “Babesiosis and Other Tick-Borne Infections” Presentation |
| Friday, June 17th..... | Father's Day Luncheon |
| Wednesday, June 29th..... | Book Club Discussion |
| Thursday, June 30th | Ukulele Band Entertainment |



Birthdays to Celebrate this Month!!

Judith Annunziata
James Araujo
Kathy Beresford
Louise Bouchard
Doris Brown
Anthony Buco
Al Cabral, Jr.
Antonetta Cappello
Jane Charest
Loretta Clark
Patricia Daigneault
Herman Da Silva
Laurence Dionne
Linda Dionne



Albert DiSano
Barbara Evans
Richard Ferreira
Charlie Francis
Mark Jamiel
Janice Koleszar
Kathi Lemoges
Maria Lima
Elsa Lopes
Kate MacDougall
Deborah Manchester
Patricia Mannion
Elaine Masse
Debra Matson



Dolores McClure
June McDonough
Marlene Medeiros
John Mello
Catherine Nenart
Antonio Nunez
Heather Oliver
Joanne Parent
Adeline Rodrigues
Diane Savaria
Joseph Terra
John Vincent
Raymond Wilson
Gail Witherell

BLOOD PRESSURE CHECK, Tuesday, June 14th
9:15-10:15 a.m. Many thanks to Mary Beth Lescault, RN, from 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.

EXTRA HELP WITH MEDICATION COSTS
Did you know extra help is available to help with the cost of prescription drug plan premiums and medications. The amount of extra help depends on your income and resources. If you qualify, you will get financial assistance for your Medicare drug plan's monthly premium and prescription copayments or coinsurance. You may qualify if your monthly income is \$1,719 if single and \$2,309 for a couple and your assets are below specified limits. Resources do not include home or car. Call the Center for more information or to complete an application.

MEDICARE PREMIUM PAYMENT PROGRAM help Medicare beneficiaries pay some or all of the cost of their Medicare Part A and Medicare Part B premiums, deductibles and co-insurances. You may qualify if your income is \$1,153 if single and \$1,546 married and your resources are less than \$7,970 if single and \$11,960 married. Call the Center for more information or to complete an application.

CLASSES

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 one-on-one, hands-on-help for a better understanding.

BOOK CLUB, Wednesday, June 29th, 10:00 a.m. This month's selection is *A Spool of Blue Thread* by Anne Tyler, It's the story of four generations of Whitshanks, their lives unfolding in and around the sprawling, lovingly worn Baltimore house that has always been their anchor. It is brimming with all the insight, humor, and generosity of spirit that are the hallmarks of Anne Tyler's work. New readers welcome.

COMPUTER COURSE- SHOPPING AND SELLING SITES, Wednesday afternoons at 2:00 p.m. beginning Wed., June 8th. Are you looking for extra income, downsizing or looking for a bargain? Are you a crafter looking for a place to sell your handmade goods? Learn the ins and outs of Etsy, Facebook Marketplace and Rubylane. Four week course \$20/member. Joan Allen, Instructor.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 9:30 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading	2 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	3 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele
6 11:30 .Lunch	7 8:30-11 SHIP Counseling 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Rummy 500 1:00 Mah Jongg 2:00 Ukulele	8 9:30 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer	9 9:00 HiLo Jack 9:30 Bowling 10:15 Theatre by the Sea 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	10 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring 2:00 Ukulele
13 11:30..Lunch	14 9:15-10:15 Blood Pressure Checks 8:30-11 SHIP Counseling 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Rummy 500 1:00 Mah Jongg	15 9:30 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer	16 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 11:30 Birthday Luncheon 1:00 Cribbage 1:00 Scrapbooking	17 9:00 Cribbage 9:30 Strength/Balance 10:00 Babesiosis/Ticks Presentation 11:30 Father's Day Luncheon 1:00 Bingo 1:00 Coloring
20 Café Closed due to Juneteenth Holiday	21 8:30-11 SHIP Counseling 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Rummy 500 1:00 Mah Jongg	22 9:30 Chair Yoga 10:00 Crafts 12:30 Smart Phone Help 1:00 Beading 2:00 Computer	23 9:00 HiLo Jack 9:30 Bowling 10:30 Senior Fitness 1:00 Cribbage 1:00 Scrapbooking	24 9:00 Cribbage 9:30 Strength/Balance 1:00 Bingo 1:00 Coloring
27 11:30..Lunch	28 8:30-11 SHIP Counseling 10:30 Senior Fitness 12:30 Ceramics 1:00 Knitting /Crocheting 1:00 Rummy 500 1:00 Mah Jongg	29 9:30 Chair Yoga 10:00 Crafts 10:00 Book Club 12:30 Smart Phone Help 1:00 Beading 2:00 Computer	30 9:00 HiLo Jack 9:30 Bowling 1030 Senior Fitness 1:00 Cribbage 1:00 Ukulele Entertainment 1:00 Scrapbooking	

SUPPORT OUR ADVERTISERS!



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

June 2022

All menu items may contain nuts, seeds, beans, wheat bran, and other allergens.

6 Pasta and Bean Soup
Entrée Salad
Grilled Chicken w/
 Strawberry's / Almonds
 Tomato on Spinach/Iceberg Mix
 Italian Dressing
 Sliced Peaches
 Multi grain bread
 Grilled Chicken on Multi Grain

7 Vegetable Soup
Italian Sausage w/ mustard
 Pesto Tortellini
 Peppers & Onions
 Sponge Cake
 Sliced Italian Bread
 Italian Sausage w/ mustard on roll

8 Lentil Soup
Swedish Meatballs
 Noodles
 Green Beans
 Fresh Fruit
 Country White bread
 Meatball Grinder Sandwich

9 Tomato & Brown Rice Soup
Pork Loin w/ Gravy
 Mashed Potatoes
 Seasoned Spinach
 Shortbread Cookie
 Garlic Roll
 Pork sandwich on roll

10 Clear Chowder
Beer Battered Fish w/Tartar Sauce
 Lyonnaise Potatoes
 Broccoli Spears
 Fresh Fruit
 12-Grain Bread
 Fish Sandwich w/ tartar sauce on 12
 Grain Bread

13 Beef Noodle Soup
Herb Roasted Grilled Chicken
 Au Gratin Potatoes
 Normandy Blend Vegetables
 Fruit cup
 Rye Bread
 Herb roasted grilled chicken on rye

14 **Flag Day**
RED Chowder
Chicken Cordon Bleu w/Gravy
WHITE Rice
 Broccoli Cuts
BLUE berry Coffee Cake
 Marble Bread
 Chicken Salad on Marble

15 Lentil Soup
Stuffed Peppers w/Sauce
 Roasted Potatoes
 Scandinavian Blend Vegetables
 Fresh Fruit
 Dinner Roll
 Roast beef w/ mayo on Roll

16 **HAPPY BIRTHDAY**
 Chicken Escarole Soup
French Meat Pie
 Seasoned Diced Potatoes
 Broccoli
 Frosted Cupcake
 Oat Nut Bread
 (Egg Salad on Oat Nut Bread)

17 **Father's Day Luncheon**
 Italian Wedding Soup
Pot Roast w/Gravy
 Red Bliss Mashed Potatoes
 Green Beans Almondine
 Mandarin Oranges
 Wheat Roll
 (Pot Roast on Wheat)

20 **OFF**
JUNETEENTH

21 **First day of Summer**
 Lemonade
Low Sodium Hot Dog w/ mustard
 Baked Beans
 Carrot and Raisin Slaw
 Sports Bar
 Wheat dinner roll
 Hot Dog w/ mustard on a roll

22 Cream of Broccoli Soup
Baked Ham w/Pineapple Slice
 Sweet Potatoes
 Roasted Vegetables
 Pudding
 Rye Bread
 Ham and cheese w/ mustard on Rye

23 Egg Drop Soup
Seafood Chow Mein
 Crunchy Noodles
 Asian Blend Vegetables
 Seasonal Fruit
 Oatmeal Bread
 Seafood Salad on Oatmeal

24 Minestrone Soup
Roast Turkey w/Gravy
 Corn Bread Stuffing
 Baby Whole Carrots
 Cookie
 Wheat Bread
 Turkey and cheese on wheat

27 Chicken Soup
Veal w/Tomato Sauce
 Seasoned Whole Grain Pasta
 Italian Blend Vegetables
 Sliced Peaches
 Multi Grain Bread
 (Bologna & Cheese on Multi Grain)

28 Vegetable Soup
Fried Steak w/Gravy
 Wild Rice
 Cauliflower
 Brownie
 Wheat Bread
 Fried Steak on wheat

29 100% Orange Juice
Spanish Omelet
 Crispy Cube Potatoes
 Tomato Half
 Croissant
 Greek Yogurt
 Egg and cheese on Croissant

30 Tomato Vegetable Soup
Chicken Marsala
 Mashed Potato
 Summer Squash
 Fruit Cocktail
 Pumpernickel bread
 Grilled Chicken on Pumpernickel

**Funded in part by the US
 administration on aging and state
 funds by the Rhode Island
 Office of Healthy Aging**

**\$3.00 Suggested
 Donation**

JUNE ACTIVITIES

THEATRE BY THE SEA, Thursday, June 9th. Trip is currently full. Coach bus transportation departs from St. Thomas the Apostle Church parking lot at 10:15 a.m. Please bring a mask. I will keep you updated as these requirements may change.

BIRTHDAY CELEBRATION LUNCHEON, Thursday, June 16th, 11:30 a.m.. Join us as we celebrate all those who have a birthday in June. Menu includes chicken escarole soup, French meat pie, seasoned diced potatoes, broccoli, frosted cupcake, decaf coffee/tea. Sign up by Wed., June 15th, 11 a.m. Suggested donation is \$3.00.

FATHER'S DAY LUNCHEON, Friday, June 17th, 11:30 am. Join us as we celebrate all the fathers and special men at our Center. Menu includes Italian wedding soup, pot roast w/gravy, mashed potatoes, green beans almondine, mandarin oranges, decaf coffee/tea. Suggested donation is \$3.00 Sign up by Thursday, June 16th, 11 a.m.

BABESIOSIS AND OTHER TICK-BORNE INFECTIONS, Friday, June 17th, 10:00 a.m. With so many deer sightings in our area, please join us for this important presentation. Ticks carry other infectious agents that can cause serious illnesses. Learn how to recognize the signs and symptoms of these illnesses, how they are treated, and the importance of preventing tick encounters. Sponsored by the URI Pharmacy Outreach Program.

UKULELE BAND ENTERTAINMENT, Thursday, June 30th, 1:00 p.m. Join musicians Otis Read and friends for an enjoyable afternoon of old-time favorites and contemporary songs. Great afternoon of fun and friendship. Refreshments to follow. Sign up with Betty.

FUTURE ACTIVITY

ANNUAL RI TRADITIONAL CLAMBAKE, Saturday, August 13th, 1:00 p.m. East Warren Rod & Gun Club, Long Lane, Warren. Bake master, Robert Pare. Save the date. More details to follow.

SECOND ROUND OF FREE FRESH PRODUCE BOXES AVAILABLE

The Department of Environmental Management is once again offering free fresh produce boxes to income eligible seniors. For those who registered in April for the first round of boxes, the delivery date will be July 20th.

We are now registering people for the second round of boxes to be delivered October 12th. This box will contain items such as potatoes, apples, squash, sweet potatoes and a variety of other fruits and vegetables. Please register with Betty by Tuesday, June 28th. Annual income limit for a single person is \$23,828 and \$32,227 for a couple. These boxes replace the traditional farmers' market vouchers.

The Pillsbury Doughboy

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 71.

Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies and Captain Crunch. The grave site was piled high with flours.

Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, two children John Dough and Jane Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 minutes.

If this made you smile for even a brief second, please rise to the occasion and take time to pass it on and share that smile with someone else who may be having a crumby day and kneads it!



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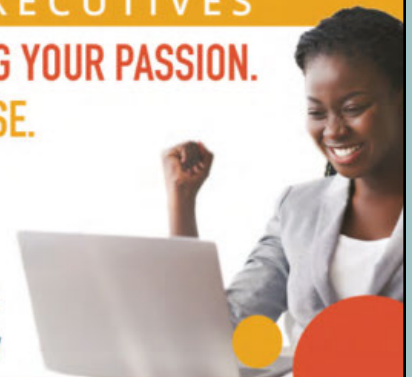


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