



PILGRIM SENIOR CENTER NEWS

November 2021



WARWICK SENIOR SERVICES
27 Pilgrim Parkway
Warwick, RI 02888



401-468-4070
401-468-4090



HOLIDAY CARDS WITH KARLEEN

Thursday, November 18th, 1-3pm

Come create an assortment of holiday cards with our creative Karleen. Bring colored pencils if you've got them and all other supplies will be provided. Class is \$5 and please register at the Welcome Desk.

VETERANS DAY CELEBRATION

Friday, November 12th

The lunch served here on the 12th will be free for all Pilgrim Senior Center members who are military veterans. Come help us honor those who have given so much. Reservation must be received by the dining room no later than 11/3. Thank you for your service!

NEW TAI CHI CLASS

Wednesdays, 8:30-9:15am

Taiji (*Tai Chi*) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques. Class can be taken seated or standing. First class is November 3rd at \$3/class.



Thank you to those that participated in National Senior Center Month. Marge says, her "heart and friends are here!" ♥

GIVING TREE

Pilgrim will be adopting families to brighten their holiday this year. Visit the giving tree that will be appearing in the lobby to choose a tag. Please return your **unwrapped** gifts to the Main Office by **December 8th**. If you wish to donate gift wrap, we are in need of multiple rolls of same patterned child themed wrapping paper. Thank you, you are all always so generous.

POP-UP LIBRARY

November 18th, 11-1pm

Look for your local librarians at this *Pop-up Library*. Borrow books, get a library card, and more.

LIHEAP HEATING ASSISTANCE

November 9th & 16th, 10am-12pm

A representative will be here to do recertification, new applications and answer questions! More info page 5.

A MATTER OF BALANCE

Tuesdays 9:30—11:30 starting 11/16

An award winning program, designed to reduce the fear of falling and increase activity levels. More info page 8.

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DIRECTOR’S MESSAGE



Dear Friends,

It hardly seems possible that it’s already November! The Pilgrim Senior Center is really springing back to life after a slow—but sure—reopening. It’s so good to see so many familiar faces back again. Rest assured, we are doing everything possible to make sure the Center is as safe as possible, which includes the mandatory face masks while in the building, regardless of vaccination status. Yes, I know they can be annoying, but it’s one more measure in keeping our members and staff safe!

There are so many things happening this month, it’s hard to know where to begin! A time honored tradition here is the Veterans Day lunch. This year, we will be paying tribute to our wonderful, self-less veterans with a free lunch on Friday, November 12th. So that the Center can pay for those lunches, please indicate that you are a veteran when you make your reservation no later than November 3rd. It is just a small gesture of thanks, but know that we are beyond grateful to our veterans on this day, and every day of the year.

We are blessed to have so many creative people on our staff, and our own Karleen Wrath will share her talent on November 18th at 1:00. Karleen will lead a class in making Holiday cards that will be treasured by anyone who receives them! The class is \$5, which includes materials, but we do ask that you bring colored pencils if you happen to have them. Please register at the Welcome Desk.

Once again this year, we will give back by partnering with a local school and “adopting” a few families who can use some help putting gifts under their Christmas trees. If you are able, please take a tag from our Giving Tree and return the tag with the gift indicated. Please do not wrap the gifts. We are also asking for donations of identical rolls of kid-themed wrapping paper. For the sake of organization, we wrap the gifts for each child in the same paper.

This Thanksgiving and throughout the year—but especially this year—I am incredibly thankful for the members and staff of the Pilgrim Senior Center. You are all valued members of the Pilgrim Family. Wishing you and yours a very happy Thanksgiving.



Warmly,

Meg Underwood
 Director of Senior Services

In Memoriam — September & October

<i>Mary Trainor</i>	<i>Hazel Hutchings</i>	<i>Joseph King</i>	<i>Lisa Archer</i>
<i>Patricia McCrone</i>	<i>James Hill</i>	<i>Domenic Rotella</i>	<i>Patricia Ferris</i>
<i>Frances Amico</i>	<i>Ava Horton</i>		

MAYOR'S MESSAGE

Dear Friends,

Happy fall! I hope you all have had the chance to get out for a walk, or a long drive to see the beautiful foliage. Fall in New England is unlike any other place in the country, especially here in our great state of Rhode Island.



Although the days are getting shorter, and a lot colder, there is still plenty to do in Warwick and right at our very own senior center. Please take the time to check out all the activities that are being offered to all of you, including Mediation on Monday's at 10:30am, and a beginning workout class every Tuesday at 9am.

I also do want to remind everyone, as the temperatures continue to drop there are programs out there to help you financially. Representatives from the Low Income Home Energy Assistance Program will be at the Pilgrim Senior Center November 9th and the 16th from 10am until noon to answer any of your questions about getting some assistance on your fuel bill. Contact the senior center for more information.

A lot of you have been asking about the city's therapeutic pool and when it will re-open. I'll be honest, it needs a lot of work, including re-doing the surface, fixing cracks, and giving it a new coat of paint. The city has put these repairs out to bid and we are waiting back to see how long this work will take. Again, thank you for your patience, and I'm hoping to get the therapeutic pool back open to all of you as soon as I can.

As we get closer to the holidays, it's hard to believe one year ago this month I was elected Warwick's Mayor. Every day when I walk into City Hall, I still get that same feeling of excitement as I did on my first day on the job. Although, being your Mayor is not a job, it's an honor.

Have a great Thanksgiving with your family and friends, and continue to stay safe!

Sincerely,
Frank Picozzi, Mayor



HEALTH SERVICES

HEALTHY LIVING: BACK TO BASICS 11—11:45am

Do you like to talk about current events in health? Do you need information about health issues? Do you have information to share? If you answer “yes” to any of these questions, this discussion group may be for you! Bring a friend to share, listen and learn. No fee or pre-registration required.

Upcoming guests include:

- 11/4 — Benefits of Music Therapy with URI Pharmacy. Including a musical performance!
- 11/18 — Melissa URI Nutritionist

SNAP OUTREACH PROGRAM 866-306-0270

Thousands of Rhode Islanders do not receive nutrition assistance because they are unaware of their eligibility, or need additional assistance with applying. If you, or someone you know, is struggling to pay for food, let them know help is available.



An outreach person will be here in person on:

Monday, November 8th from 9am –11am

SNAP INCOME ELIGIBILITY FOR SENIORS & DISABLED

- ⇒ 1 Person under \$2128.00 per month
- ⇒ Married Couple under \$2874.00 per month
- ⇒ No resource limit if under income guidelines.

Apply even if you are slightly over as there is also net income guideline.

URI SNAP Outreach Project Hotline 866-306-0270

Apply online at: HealthyRhody.ri.gov

SNAP problems or questions 866-306-0270

Lost SNAP Cards 888-979-9939

DHS Call Center 855-697-4347

MEDICARE OPEN ENROLLMENT STARTS OCT 15TH

ENDS DECEMBER 7TH

PLEASE CALL SOCIAL SERVICES TO
SCHEDULE AN APPOINTMENT.

IF YOU HAVE A STAND ALONE PART D PLAN, YOU MIGHT BENEFIT FROM AN EVALUATION BY OUR SOCIAL SERVICES TEAM. MEDICARE PLAN PREMIUMS AND DRUG COSTS CHANGE EACH YEAR. CALL EMILY, ALYSA OR PATTY TO GO OVER YOUR PLAN. AND HAVE YOUR MEDICATION LIST, AND YOUR CURRENT PRESCRIPTION CARD READY SO WE CAN DO AN EVALUATION.

THE CHART OF ADVANTAGE PLANS WILL BE DONE AFTER OCTOBER 15TH WHEN THE INFO ON THE 2022 ADVANTAGE PLANS IS AVAILABLE.

AND YOU MIGHT BE ELIGIBLE FOR:

“Medicare Premium Payment Program

The premium (monthly payment) for Part A of Medicare is usually free but the premium for Part B of Medicare currently starts at \$148.50.

You can apply for a program called “Medicare Premium Payment” or “MPP” if you are below the limits. This program pays for your Part B . If you move from one state to another, you have to re-apply.

Guidelines for programs can vary by state.

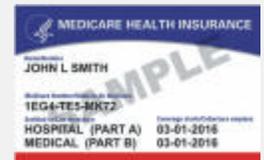
Below are the RI guidelines: **Income: < \$1469 (Single) and <\$1979 (Married)**

Resource limit: < \$7970 (S) and < \$11,960(M)
“Extra Help” for Prescriptions*

This federal program is administered through the Social Security Admin. If you are qualified by income and resource guidelines, it pays the monthly premium for your Part D or Advantage Plan and lowers the costs of your prescriptions. You can apply online at:

<https://secure.ssa.gov/i1020/start>

Income: < \$1610 (Single) and < \$2177 (married). Resource limit: < \$13,290 (single) and \$26,520 (married)



**Over the past 3 years we have saved our clients
over \$463,000
in prescription costs!!!**



SOCIAL SERVICES

AT PILGRIM:

Patricia Almonte 468-4084

Emily Reid 468-4079

Alysa Teare 468-4080

LEGAL CLINIC

WILL RETURN NOV 17TH 1PM-3PM

CALL EMILY FOR APPOINTMENT



GRIEF SUPPORT GROUP

Thursdays, 10/7 - 11/18 (No meeting on 11/11)

2pm - 3:30pm at the Pilgrim Senior Center. You can join any week and you don't have to talk.

ALZHEIMER'S CAREGIVER SUPPORT GROUPS

The Alzheimer's Association hosts Caregiver Support Groups that provide the opportunity to meet other caregivers and share experiences and challenges, while listening and learning from others gaining emotional, educational and social support. To register, please contact Corinne Calise Russo, LCSW, at 486-9008.

VETERAN'S ASSISTANCE

Please call The RI Office of Veteran's Affairs, 560 Jefferson Blvd, Warwick, RI @ 921-1276. CRISIS Hotline: 800-273-8255 press 1



SENIOR HOUSING

Subsidized housing may offer reduced rent based on 30% of your income. Contact Emily for information and help with your application.



ALZHEIMER ALERT PROGRAM

Warwick residents register your loved one if you are fearful they would get lost. Call Patty for details.



MENTAL HEALTH HELP

People are having an extra hard time this year with the covid crisis and getting back to the "new normal". These are resources for all ages.

BH LINK: 401-414-5465), 24 HR LISTENING LINE:

401-272-4044 SUICIDE HOTLINE: 800-273-8255

UNITED HEALTH FREE EMOTIONAL SUPPORT:

866-342-6892, PAUSE RI: 401-519-2280

**Want to learn about Medicare fraud?
Go to: www.smpresource.org**



COMMODITY SUPPLEMENTAL FOOD PROGRAM

Aims to improve the health of elderly persons at least 60 years of age by supplementing their diets with nutritious USDA Foods.

Pick up day this month is:

Wednesday, Nov 17th - 12:30-1:00 pm

To ensure you receive your box, you must pick up on the designated day and have your application approved by the food bank. To apply you must be over 60 years old and your monthly income must be under be less than \$1396 for an individual and \$1888 for a couple. To apply, call our social service team.

WESTBAY MARKET

PICK UP ONCE PER WEEK!

Westbay Community Action,
487 Jefferson Blvd, Warwick.

Call for curbside pickup. 732-4660



PILGRIM'S LUNCH PROGRAM

Pilgrim Senior Center is offering **lunch** for older adults 60+ and adults with disabilities, Monday through Friday. Call Kevin at 468-4076 or Christina at 468-4078 to sign up and reserve a meal.

PILGRIM FOOD PANTRY

We have a limited supply of food and toiletry items and occasionally pet food. Please contact Social Services if you need help.



HEATING ASSISTANCE

**November 9th and November 16th
10am-12pm**

A representative will be here to do recertifications, new applications and answer questions! Bring your fuel bill, most recent electric bill, lease or mortgage, income statements, Social Security cards, and photo IDs for everyone in your household and birth certificates for anyone under 18. No appointment necessary.

HOME REPAIR PROGRAM

The City of Warwick offers low interest loans to income eligible property owners to make repairs to their homes. Repairs can include; new roof, heating system upgrades/replacement, window replacement, and septic system replacement. Contact the Office of Housing & Community Development at (401) 738-2009, option #2.

EVERY MONDAY

9:00am Chair Yoga (DR-L)
 9:15-10:30am Happy Hoofers Tap Practice (FIT)
 10am Computer Class (IL)
 10am Brainiacs (BR)
 10:30am Meditation (A&C-R)
 NOON Lunch—Hot meal in-house or Grab & Go
 1pm-3pm Stitcher's Workshop— Quilting (A&C-R)
 1:15-3:30 Canasta (A&C-L), Cribbage (FIT)
 1-4pm Bridge (BR)

EVERY TUESDAY

9am-9:45am Beginner Workout (DR-L)
 9am-11am Paint on Wood (A&C-L)
 9-11:30am Needlecraft & Quilting (A&C-R)
 10:30-11:45 Sing-A-Long (DR-L)
 NOON Lunch—Hot meal in-house or Grab & Go
 1-3pm Hi-Lo Jack (A&C)
 1-3pm Ceramics (CER)

EVERY WEDNESDAY

8:30am Tai Chi (DR-L)
 9am Walking Club (Offsite)
 9:30am Scrabble (BR)
 9:30-11:30 Yarnigans (A&C-L)
 9:30-10:30 Chair Yoga (DR-L)
 11am & 1pm Chess (BR)
 NOON Lunch—Hot meal in-house or Grab & Go
 1pm Poker (A&C-R)
 1pm Bridge (A&C-L)

EVERY THURSDAY

10am Reflexology (FIT)
 10:30-11:15 Zumba (DR-L)
 NOON Lunch—Hot meal in-house or Grab & Go
 1pm-3pm Cyber Seniors (IL)
 1pm Mah Jongg (A&C-L)
 1-3pm Oil Painting (CER)

EVERY FRIDAY

9:15am Happy Hoofers Tap Practice (FIT)
 9:30-10:30 Chair Yoga (DR-L)
 10:30am Pilgrim Theatre Stars (A&C-R)
 NOON Lunch—Hot meal in-house or Grab & Go
 1pm Silver Screenings (TV)
 1pm Bridge (CER)
 1pm Poker (A&C-L)
 1pm Cribbage (FIT), Canasta (FIT)
 1pm Brainiacs (BR)
 1—3pm Knit Wits (A&C-R)
 1pm Poetry Readers (IL)

KEY TO ROOM LOCATION

A&C Arts & Crafts Room
 A&C-L Arts & Crafts Room Left Side
 A&C-R Arts & Crafts Room Right Side
 CER Ceramics Room
 DR Dining Room
 DR-L Dining Room Left Side
 DR-R Dining Room Right Side
 FIT Fitness Room
 GSL Gift Shop Lounge
 IL Internet Lodge
 TV TV Lounge
 BR Billiard Room

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DATE	TIME	EVENTS	ROOM
3	8:30-9:15am	Tai Chi (More info front page)	DR-L
4	11am	Healthy Living—Benefits of Music Therapy	FIT
4	2pm	Red Hat Divas	FIT
8	9-11am	SNAP Outreach	TV
9	10-12	LIHEAP Heating Assistance (More info page 5)	TV
10	1:15pm	Red Hat Goddesses	DR-R
11	—	CENTER CLOSED FOR VETERAN’S DAY	—
12	9-11am	Chair Massage (By Appointment--More info page 8)	BR
12	12pm	Veteran’s Day Lunch	DR-R
16	9:30-11:30am	Matter of Balance (More info front page)	CER
16	10-12	LIHEAP Heating Assistance (More info page 5)	TV
16	1:30pm	Gaspee Seniors	DR-L
17	12:30-1:00	Food Commodity Pick Up (Info page 5)	Drive up
17	1-3pm	Legal Clinic (By appointment)	IL
18	11am	Healthy Living—Melissa, URI Nutritionist	FIT
18	11-1pm	Pop-up Library	TV
18	1-3pm	Cards with Karleen (More info front page)	IL
19	9-11am	Chair Massage (By Appointment--More info page 8)	BR
24		CENTER CLOSES AT NOON	
25		CENTER CLOSED -- HAPPY THANKSGIVING!	
26		CENTER CLOSED -- DAY AFTER THANKSGIVING	

CANCELLATIONS/ADJUSTMENTS

Tai Chi cancelled 11/24

	<p>2021 Special: List your home with me and receive 10 FREE hours of home preparation services!</p> <p>Kate DeSimone REALTOR® Williams & Stuart Real Estate WARWICK RESIDENT Seniors Real Estate Specialist® • Military Relocation Professional® 401-450-4881 kate@desimonerealty.com 170 Mayfield Avenue, Cranston, RI 02920</p>   	<p>TRUDEAU IS GRATEFUL FOR OUR EMPLOYEES AND THE WARWICK COMMUNITY.</p> <p>OUR MISSION IS TO PROMOTE AN ENHANCED QUALITY OF LIFE FOR INDIVIDUALS WITH DISABILITIES.</p>  <p>WWW.TRUDEAUCENTER.ORG</p> 
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Another fantastic Warwick Wanderers season in the books. See you again in April!

HIGHLIGHTED PROGRAMS & SPECIAL NOTES

SILVER SCREEINGS

Returns on Fridays afternoons. Join us to enjoy a classic movie and popcorn!

TAI CHI

Wednesdays, 8:30-9:15am

Taiji (*Tai Chi*) is a healing martial art that combines many martial arts movements with Qi (energy) circulation, breathing, and stretching techniques. Class can be taken seated or standing, and is drop-in at \$3/class.

STITCHERS QUILTING GROUP

Mondays @ 1pm

Looking for new members! Learn how to create beautiful quilts. The gorgeous quilts in the gift shop come from this talented group. Join us!

REFLEXOLOGY

Thursdays @ 10am

Learn how hand reflexology can help you ease your aches and pains even while watching TV. Class is free!

ZUMBA

Thursdays @ 10:30am

A Latin-inspired dance fitness class that incorporates international music with contagious dance steps. A perfect combination of fitness and fun. This class is sponsored by Blue Cross Blue Shield of RI. Free!

A MATTER OF BALANCE

Tuesdays 9:30—11:30 starting 11/16

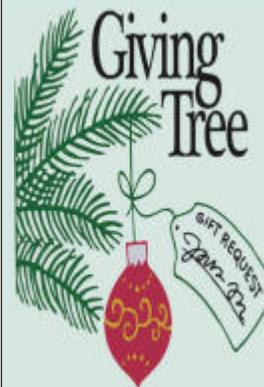
An award winning program, designed to reduce the fear of falling and increase activity levels of older adults. Over the eight sessions participants learn to: view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. To register call Cindy at 921-5118.

FITNESS PROGRAMS



- ◆ **Happy Hoofers Tap Practice**
Mon & Fri, 9:15am Fee: \$1/class
- ◆ **Chair Yoga w/ Linda**
Mon, 9am-10am Fee: \$2/class
- ◆ **Meditation w/ Linda**
Mon, 10:30am Fee: \$3/class
- ◆ **Beginner Workout w/ Jessica from BCBS**
Tues, 9am Free!
- ◆ **Tai Chi**
Wed, 8:30-9:15am Fee: \$3/class
- ◆ **Warwick Wanderers Walking Club**
Wed, 9am Fee: \$4/season
- ◆ **Chair Yoga w/ Jean**
Wed, 9:30-10:30am Fee: \$2/class
Fri, 9:30-10:30am Fee: \$2/class
- ◆ **Reflexology**
Thurs, 10am Free!
- ◆ **Zumba w/ Krista from BCBS**
Thurs, 10:30am Free!

GIVING TREE



Pilgrim will be adopting families to brighten their holiday this year. Visit the giving tree in the lobby to choose a tag. Please return your **unwrapped** gifts to the Main Office by **December 8th**. If you wish to donate gift wrap, we are in need of multiple rolls identical patterned child themed paper.

CHAIR MESSAGE IS BACK

Cost is \$12 for 15 minutes
Nov 12th & Nov 19th from 9 - 11am
Appointments are needed.
To schedule an appointment call Jen at 261-9178.



GAMES & CARDS**Billiards: Tuesdays @10am**

Grab a friend and join us in shooting some pool.

Brainiacs: Mon. @ 10am & Fri. @ 1pm

Join this group and learn some new ways to keep your brain healthy. We play games such as Rummikub.

Bridge: Mondays, Wednesdays & Fridays @ 1pm

Stop in and see if you are interested in this league.

****Looking for beginners or folks returning to the game.**

See Kathleen if you are interested.**

Canasta: Mondays @ 1:15pm in the Arts & Crafts (left)

Fridays @ 1pm in the Fitness Room

Chess: Wednesdays @ 11am & 1-4:30pm

Stop in to check it out! New players needed, and willing to teach if you are interested.

Cribbage: Mondays & Fridays @ 1pm Beginners welcome!

Hi Lo Jack Card League: Tuesdays @ 1pm

New experienced players welcome! Call Hope at 738-5147.

Mah Jongg: Thursdays 1pm-3:15pm

This is a social group of experienced Mah Jongg players.

Poker Club: Wednesdays & Fridays @ 1pm

Always looking for new members.

For information, call Larry at 316-5508 for Fri session or Barbara at 738-3908 for Wednesday session.

Scrabble: Wednesdays @ 9:30am in the Billiards Room. No sign-up necessary. Just be there!

Silver Screenings: Fridays @ 1pm

Join us in the lobby for a classic movie.

Movie announced on that day.

MEETINGS**Gaspee Seniors: 11/16 @ 1:30pm**

Red Hat Divas: Thurs 11/4 @ 2:00pm. New members welcomed and encouraged. No meeting in December.

Red Hat Goddesses: Wed 11/10 @ 1:15pm. New members are welcomed and encouraged!

Book Club: There will not be a meeting in November. See you on **Thurs 12/9 @ 10am** for our next meeting.

Warwick Municipal Retirees: See you in January. No meetings in Nov or Dec. Happy Thanksgiving! Please call Lois if you have any questions at (401) 738-1768.

ARTS & CREATIVITY PROGRAMS**Computers: Mondays @ 10am**

Come learn computer basics. All levels welcome. Learn everything from powering on to surfing the web to e-mailing family.

Ceramics: Tuesdays @ 1-3pm \$5/class

No artistic skill needed with this experienced instructor at the helm. Come give it a try!

Knit Wits: Fridays @ 1pm

Come knit away and socialize with this talented social group. Items made are donated back to the center gift shop. New members welcome! Please drop in!

Paint on Wood: Tuesdays @ 9-11am

Share a morning using your creativity and socialize. This class is looking for donations of unfinished wooden items. More painters wanted! Please join us!

Pen Pals:

Stay connected! If you are interested in become a pen pal with other older adults in the community, please contact Kathleen at 468-4074.

Pilgrim Theatre Group: Fridays @ 10:30am

This group is free, open to all and has a very casual atmosphere. No acting experience is necessary. Please join us. New members are welcome! Come give it a try!

The Poetry Readers: Fridays @ 1-2pm

Come share your favorite verse, and creativity with this relaxed group.

Needlecraft & Quilting: Tuesdays @ 9-11:30am \$3/class This is a multi-technique class. There is an instruction for projects in quilting, knitting, and more. Bring your unfinished projects!

Singing Group: Tuesdays 10:30 - 11:45am

Tony Pisano is at the Piano; singing along with the gang! Join us for a fun filled morning. Throughout the year we have pizza parties, dancing and fun!

Stitcher's Workshop: Mondays @ 1pm

Batting, backing, tying, and sewing! Join these quilters who design and create beautiful works of art. Our quilts in the gift shop are donated by this talented group.

Studio 27 Painting Group: Thursdays @ 1pm

This is a casual environment and no instructor. Painters work together with advice and ideas for each other.

Yarnigans: Wednesdays @ 9:30am

This is a social group lead by instructor Bette Firth. Items created are donated to the senior center and local hospitals. No sign-up necessary, just drop-in.



TRANSWICK ON THE GO OFFERS LIMITED TRANSPORTATION



Transwick has resumed **limited transportation**. Initial service will be in support of Pilgrim Senior Center. To schedule transportation to a specific function such as lunch, a class, programs or appointments with social services, call in advance to reserve transportation. All non-essential transportation will be scheduled accordingly to need, availability of staff and the discretion of Transwick. For availability of service call 738-1276 or 468-4002

PLEASE NOTE THAT FEDERAL MANDATE IN REGARDS TO WEARING A MASK ON PUBLIC TRANSPORTATION HAS BEEN EXTENDED THROUGH AT LEAST JANUARY 18, 2022 ALL RIDERS MUST WEAR A MASK

City of Warwick Division of Senior Services

MISSION STATEMENT

The City of Warwick's Division of Senior Services is a community focal point that addresses the needs of Warwick's maturing population. The Division encourages adults 55 years of age and older and disabled to come together for programs and services, that encourage diverse concerns and interests, and are supported with sensitivity and dignity. The Division serves as a resource for the entire community and encompasses information on aging and supportive services.



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Neighborhood Health Plan of Rhode Island ©2020 H5176, P01442 Approved 10/1/16

**GREGORY P.
RAMEAKA**

ATTORNEY

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Warwick, RI 02888

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SENIOR /HUMAN SERVICES
PHONE NUMBERS
MON - FRI
8:30AM TO 4:30PM

DIRECTOR OF
SENIOR SERVICES

Meg Underwood
468-4073

Center Program Manager

Kathleen Bohl
468-4074

Senior Clerk Typist

Lisa Weick
468-4071

SOCIAL SERVICES

Resource Specialist

Patricia Almonte
468-4084

Eligibility Technician

Emily Reid
468-4079

Information Specialist

Alysa Teare
468-4080

HUMAN SERVICES

Project Coordinator

Roberta Steidle
468-4101

TRANSWICK

Transportation Planner

Bob Smith
468-4002

KITCHEN MANAGER

Christina Woodbine
(401) 468-4078

Dining Room Aide

Kevin Cabeceiras
468-4076

COMMUNITY AIDES

Steve Englert
Karleen Wrath
468-4070

BUILDING
MAINTENANCE

Evan Walmsley (AM)
Dee Lynch (PM)

USEFUL
PHONE NUMBERS
City of Warwick
Police and Fire.....911



- Fire Department..... 468-4000
- Police Department.....468-4200
- Human Services.....468-4101
- Recreation Department.....738-2019
- Senior Citizen Advocate.....468-4325
- Sewer Department.....739-4949
- Warwick Public Library.....739-5440
- City Hall.....738-2000
- Board of Canvassers..... 738-2010
- Mayor’s Office.....738-2004
- Public Works.....738-2003
- Recycling/Sanitation.....732-9589
- Tax Department.....738-2002
- Water Department.....738-2008
- Warwick Public Housing.....732-8500

Transportation

- MTM (formerly Logisticare).....855-330-9131
- Transwick (Warwick Only).....738-1276

RI Office of Healthy Aging

(formerly the RI Dept. of Elderly Affairs)

- Main Number.....462-3000
- Westbay Community RSVP.....921-5350
- Cornerstone Alzheimer’s Center 739-2844
- Adult Day Center.....739-2847
- Insight.....941-3322
- Arthritis Foundation.....739-3773
- VNA Care of New England.....737-6050
- Thrive Behavioral Health.....732-5656
- R.I. Meals on Wheels.....351-6700

FREE NOTARY SERVICES
BY APPOINTMENT ONLY



Call Lisa at (401) 468-4071
Call Patty at (401) 468-4084



Mayor Frank Picozzi
(401) 738-2004

Warwick
City Council Members

Ward 1
William Foley
(401) 391-8777

Ward 2
Jeremy Rix
(401) 263-5559

Ward 3
Timothy Howe
(401) 215-0632

Ward 4
James McElroy
(401) 739-2288

Ward 5
Edgar Ladouceur
(401) 921-5253

Ward 6
Donna M. Travis
(401) 738-9774

Ward 7
Stephen P. McAllister
(401) 287-1813

Ward 8
Anthony Sinapi
(401) 474-2069

Ward 9
Vincent Gebhart
(401) 486-9777

If you don’t know
what ward you
live in, ask us!
We are happy to help.

