



PILGRIM SENIOR CENTER NEWS

December 2021



WARWICK SENIOR SERVICES
27 Pilgrim Parkway
Warwick, RI 02888



401-468-4070
401-468-4090

NEW MAT YOGA CLASS

Tuesdays, 1-2pm

This class is moderately paced, and perfect for those with no yoga experience or for those who wish to fine tune their practice. Class is taught by certified Kripalu yoga teacher Linda Morse. \$3 drop in/class in the Fitness Room. Please pre-register at the Welcome Desk so that we can plan for our first class.

HOLIDAY PARTY

December 22nd, 1-3pm

Tinsel, treats and tunes as Joe Vono sings us good tidings! This party, sponsored by Blue Cross Blue Shield, will have everything merry! Please register at the Welcome Desk as space is limited.

THE YEAR THE WORLD STOOD STILL BY SUE BRESCIA

December 9th @ 10:30am

Come view Sue's art that showcases the strength of the human spirit during a once in a lifetime pandemic. Hear about her creative process in shaping this book that encompasses charcoal drawings and real-life stories. Please register at the Welcome Desk.

ORNAMENTS WITH

KARLEEN

December, 9th @ 1pm

Come fashion ornaments before the holiday! We will be working with a number of mediums, including alcohol art & glitter. Supplies will be provided. Class is \$5 and there is pre-registration at the Welcome Desk.

POP-UP LIBRARY

December 16th, 11-1pm

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

PET THERAPY RETURNS

Tuesdays @ 10am

Say "Hi" to Molly and her handler Bill. Molly always has a smile to offer!

GIVING TREE

Giving tree gifts due to the Main Office by **December 8th, unwrapped**, please. If all tags have been taken, please check with the Main Office to see if we are missing gifts.



MYSENIORCENTER CHECK-IN SYSTEM LAUNCH



Please check-in upon arrival at Pilgrim.

Your checking-in is vitally important to the funding of the Senior Center. We keep our annual membership at a low rate, but we must track who is in the building to do so. This system also helps us in planning for set ups, contacting you about changes and cancellations, and much more. If you notice your class does not have an attendance sheet, that's because the swipe-in system at the front is your attendance record.

We will announce swipe in raffle winners each month who will be randomly selected from the swipe-in history!



NEW ART CLASS

Fridays @ 10am starting December 10th

Welcome Muma, our talented new art teacher! This is a weekly class that will fulfil all your creative needs. We will paint, make felt flowers, make jewelry, play with alcohol art, mold clay, and much more. Upcoming classes; **December 10th— acrylic pour painting & December 17th—holiday paper art**. Please pre-register at the Welcome Desk so that we may prepare supplies. Class is \$4/class and all materials will be provided.

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DIRECTOR’S MESSAGE



Dear Friends,

There is more happening than ever this month at the Pilgrim Senior Center! This newsletter is jam-packed with ways for you to get in shape and flex your creative muscles.

We are so excited to welcome Muma, our new art teacher. She is incredibly talented and will guide participants in creative projects on Friday mornings at 10:00. Get ready to be inspired! Details about this new class are on the cover.

Creative juices will also be flowing in a holiday ornament making class. On Thursday, December 9th, join our talented Karleen to fashion something special to grace your Christmas tree or give as a treasured gift. Please register at the Welcome Desk.

I am absolutely awestruck by the stunning charcoal drawings and compelling stories featured in the book “The Year the World Stood Still”. Rhode Island author, artist, and musician Sue Brescia will talk about the process of creating this and “...how the creative process can open the door to reduced stress, deeper reflection, and more joyful life.” Please register at the Welcome Desk to attend this very special event, to be held on December 9th at 10:30.

The Medicare Open enrollment period ends this month, and our Social Services team has once again gone above and beyond to assist folks in getting the best plan for their individual needs. Many, many thanks to this amazing and dedicated group of SHIP counselors:

Patty Almonte, Emily Reid, and Alysa Teare

After last year, the holidays will seem even more special. Wishing you and yours a very happy holiday season.

Warmly,

*Meg Underwood
Director of Senior Services*



In Memoriam — November & December

<i>Noella Botello</i>	<i>Eileen Chevian</i>	<i>Dawn Featherstone</i>	<i>Domenic Germani</i>
<i>Angelo DiPetrillo</i>	<i>Dorothy Pratt</i>	<i>Thelma Lanigan</i>	<i>Pauline Mantha</i>
<i>Evelyn Deering</i>	<i>Kenneth Trudeau</i>	<i>Helen Abrams</i>	

MAYOR'S MESSAGE

Dear Friends,

Happy December! The season of giving is officially upon us and I hope you and your families are all doing well. We have certainly come a long way since this time last year when we were in the height of the COVID-19 pandemic and vaccines were not available, putting a halt on many holiday gatherings. While we still have to keep our guards up this year, I'm hoping all of you can safely enjoy the holidays with your family and friends.



I want to take this time to welcome a few new businesses to our great city! Located at 1800 Post Rd, The Parkinson's Place is a boxing gym aimed at combating Parkinson's disease. Rich Gingras, the owner and a former champion boxer, says boxing is a great tool that can help slow and even reverse the effects of Parkinson's disease. Please help me welcome this new business to Warwick!

I also want to introduce another new business to the area. Bally's Corporation, a gaming, betting and interactive entertainment company, officially opened its new Interactive Tech Hub on Kilvert Street last month. The 10-thousand square foot office is now home to 55 employees, which include engineers, technicians, recruiters and marketers. We are excited to welcome this company to Warwick. It will not only create jobs, but help boost our local economy.

If you're looking for some unique holiday gift ideas, the Warwick Center for the Arts could be the perfect place for just that! The WCFA Winter Market is kicking off December 4th and is showcasing handmade holiday gifts created by local artists. The market runs through December 18th.

If you don't know by now, this is my favorite time of the year. I've spent the last month and a half working on my Christmas lights display, making sure everything is just right! This marks the 15th year I have been doing this, and every year I get just as excited as when the tradition first began. If you haven't done so yet, please stop by my house at 75 Gristmill Road and enjoy the sights and the sounds of the holiday season!

I wish all of you a safe and happy holiday!

Sincerely,

Frank Picozzi, Mayor



HEALTH SERVICES

HEALTHY LIVING: BACK TO BASICS

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:

- **12/9 @ 11am** — Melissa, URI Nutritionist

PODIATRIST
December 28th, 1-3pm



If you are interested in seeing the Doctor, please sign up at the Welcome Desk. If you have **not** seen the Doctor yet in 2021, you must **complete and return the registration** at least one week before your visit. The doctor’s staff may call you to discuss insurance coverage. Please note: you may also need a referral.

CHAIR MASSAGE IS BACK

Cost is \$12 for 15 minutes

Dec 3rd & Dec 17th

Appointments are needed.

To schedule an appointment call

Jen at 261-9178.



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.



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

DEC 10TH 1PM-3PM

CALL EMILY FOR APPOINTMENT

GRIEF SUPPORT GROUP

Thursday, 12/2 & 12/9 from 2pm –3:30pm

Group will resume in the new year, Thursdays, starting 1/13.

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, Dec 15th - 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

Dec 7th & Dec 14th 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.

PET THERAPY WITH MOLLY

Tuesdays @ 10am

Stop by the lobby to meet Molly and her dog handler, Bill.

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)

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)
 10am Pet Therapy (TV)
 10am Billiards (BR)
 10:30-11:45 Sing-A-Long (DR-L)
 NOON Lunch—Hot meal in-house or Grab & Go
 1-2pm Mat Yoga (FIT)
 1-3pm Hi-Lo Jack (A&C)
 1-3pm Ceramics (CER)

EVERY WEDNESDAY

8:30am Tai Chi (DR-L)
 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)

EVERY THURSDAY

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

EVERY FRIDAY

9:15AM Happy Hoofers Tap Practice (FIT)
 9:30-10:30am Chair Yoga (DR-L)
 10am Art Class (CER)
 10:30am Pilgrim Theatre Stars (A&C-R)
 NOON Lunch—Hot meal in-house or Grab & Go
 1pm Silver Screenings (TV)
 1pm Poker (A&C-L)
 1pm Cribbage (FIT), Canasta (FIT)
 1pm Brainiacs (BR)
 1—3pm Knit Wits (A&C-R)
 1:30pm 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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 bhumphreys@lpicommunities.com or (800) 477-4574 x6634



DATE	TIME	EVENTS	ROOM
1	12pm	December birthday lunch (Info page 8)	DR-R
3	9-11:30	Chair Massage (Info page 4)	BR
7	10:30am	Mealsite Meeting (Info page 10)	DR-R
7	1-2pm	Mat Yoga (Info page 8)	FIT
7	10-12	LIHEAP Heating Assistance (Info page 5)	TV
8	1:15pm	Red Hat Goddesses	DR-R
9	10:30am	<i>The Year the World Stood Still</i> (Info front page)	A&C
9	11am	Healthy Living—Melissa URI Nutritionist	FIT
9	1-3pm	Ornaments with Karleen (Info front page)	A&C-R
10	10—12pm	Art Class—acrylic pour painting (Info page 8)	CER
15	12:30-1:00	Food Commodity Pick Up (Info page 5)	Drive up
16	11-1pm	Pop-up Library (Info front page)	TV
17	10am	Art Class—holiday paper art (Info page 8)	CER
17	9-11:30	Chair Massage (Info page 4)	BR
21	1pm	Gaspee Seniors	DR-L
22	1-3pm	Holiday Party (Info front page)	DR
24	10-11am	Lunch served early for half day	DR-R
24		CENTER CLOSES AT NOON	
25		CENBTER CLOSED -- MERRY CHRISTMAS!	
28	1-3pm	Podiatrist (Info page 4)	BR
31		CENTER CLOSED -- HAPPY NEW YEAR!	

CANCELLATIONS/ADJUSTMENTS

Poker cancelled 12/22 & 12/29

Center Closes at Noon on Thursday 12/23

Center Closed Friday 12/24 & Friday 12/31

	<p>HAPPY HOLIDAYS! <i>Best Wishes for the New Year!</i></p> <p>Kate DeSimone REALTOR® Williams & Stuart Real Estate WARWICK RESIDENT <i>Seniors Real Estate Specialist® • Military Relocation Professional®</i></p> <p>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>J. ARTHUR TRUDEAU MEMORIAL CENTER</p> <p>WWW.TRUDEAUCENTER.ORG</p> 
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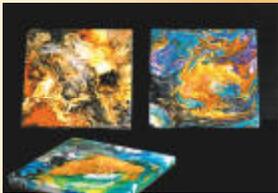


HIGHLIGHTED PROGRAMS & SPECIAL NOTES

NEW MAT YOGA CLASS
Tuesdays, 1-2pm

This class is moderately paced, and perfect for those with no yoga experience or for those who wish to fine tune their practice. Class is taught by certified Kripalu yoga teacher Linda Morse.
 \$3 drop in/class in the Fitness Room.

NEW ART CLASS
Fridays, 10-12pm,
starting December 10th



Welcome Muma, our talented new art teacher! This is a weekly class that will fulfil all your creative needs. We will paint, make felt flowers, make jewelry, play with alcohol art, mold clay, and much more.

Upcoming classes; December 10th— acrylic pour painting & December 17th—holiday paper art. Please register at the Welcome Desk so that we may prepare supplies. Class is \$4/class & all supplies will be provided.

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. Drop –in for \$3/class.

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!

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!
- ◆ **Mat Yoga w/ Linda**
Tues, 1-2pm Fee: \$3/class
- ◆ **Tai Chi w/Bob**
Wed, 8:30-9:15am Fee: \$3/class
- ◆ **Chair Yoga w/ Jean**
Wed, 9:30-10:30am Fee: \$2/class
Fri, 9:30-10:30am Fee: \$2/class
- ◆ **Reflexology w/ Dee**
Thurs, 10am Free!
- ◆ **Zumba w/ Krista from BCBS**
Thurs, 10:30am Free!

Ornaments with Karleen

December, 9th @ 1pm

Come fashion ornaments before the holiday! We will be working with a number of mediums, including alcohol art & glitter. Supplies will be provided. Class is \$5 and there is pre-registration at the Welcome Desk.



Birthday Celebrations!

On the first weekday of every month, we celebrate the upcoming months birthdays. Please let Christina know if your birthday is in December and we will celebrate you at lunch on **Wednesday December 1st**.



GIVING TREE

Giving tree gifts due to the Main Office by **December 8th, unwrapped**, please. If all tags have been taken, please check with the Main Office to see if we are missing gifts.



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: Currently on hold, but looking for beginners or folks returning to the game. See Kathleen if 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

Book Club: Thurs 12/9 @ 10am

Gaspee Seniors: 12/21 @ 1:30pm

Mealsite Meeting: 12/7 @ 10:30am

Come share your input to make lunch time meals the best they can be! Blackstone Catering will attend meetings as well as provide feedback forms.

Red Hat Divas: No Meeting in Dec.

New members welcomed and encouraged.

Red Hat Goddesses: Wed 12/8 @ 1:15pm.

New members are welcomed and encouraged!

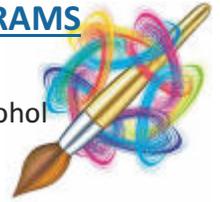
Warwick Municipal Retirees: See you Jan 26th! No meeting in Dec. Merry Christmas! Please call Lois if you have any questions at (401) 738-1768.



ARTS & CREATIVITY PROGRAMS

Art Class: Fridays @ 10-12pm \$4/class

Painting, making felt flowers, jewelry, alcohol art, clay molding, and much more.



Computers: Mondays @ 10-11am

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:

If you are interested in become a pen pal with other older adults in the community, please contact Kathleen.

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 @ 1:30-3pm

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

MEALSITE MEETINGS RESUME!

December 7th @ 10:30am

Come share your input to make lunch time meals the best they can be! Meetings will be held on the first Tuesday of every month from 10:30am-11am. Blackstone Catering will attend meetings periodically as well as provide feedback forms.



**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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Elder Law - Wills & Trusts

All Probate Matters - Taxation

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DIRECTOR OF
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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 Steinle
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
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