



# PILGRIM SENIOR CENTER NEWS

January 2022



**WARWICK SENIOR SERVICES**  
27 Pilgrim Parkway  
Warwick, RI 02888



401-468-4070  
401-468-4090

## **BIRTHDAY CELEBRATIONS!**

On the first weekday of every month, we celebrate the upcoming months birthdays. Please let Christina know if your birthday is in January and we will celebrate you at lunch on **Monday, January 3rd.**

## **ZUMBA**

**Thursdays @ 10:30am**

Kick those resolutions off with some sneaky fitness in this fun class. This class is sponsored by Blue Cross Blue Shield of RI. Free!

## **BUILDING A RESILIENT BRAIN: TIPS AND TRICKS TO KEEP OUR MEMORIES STRONG AS WE AGE**

**January 20th @ 11am**

Presentation from RI Hospital about our memories including information on what is normal aging memory issues vs. concerning memory issues, what is memory and how does it work, and simple tips and tricks we can all use to keep our memory strong as we age.

## **BREAKFAST WITH BOOKS**

**January 27th @ 10am**

Join Jen and Mary Anne from the Warwick Public Library to hear about all the award-winning books of 2021. They will cover all the major literary awards, such as the Pulitzer Prize, as well as some runners-up. Have a cup of coffee, and make a list of all the books you'll want to add to your list! Please register ahead at the Welcome Desk.

In case of inclement weather, please tune in to local TV and radio stations to see if we are closed. We are listed under "Government" as: "Warwick Pilgrim Senior Center."  
You can also visit <https://www.ribroadcasters.com/>

**Transwvick buses do not operate  
when the center is closed**

## **NEW ART CLASS**

**Fridays @ 10am**

Welcome Muma, our talented new art teacher! This is a weekly class that will fulfil all your creative needs. Upcoming classes; **1/7 – Jewelry with polymer clay, 1/14 – Felt flower barrettes, 1/21 – Wire wrapped sea glass, 1/28 – Drawing.** Please pre-register at the Welcome Desk so that we may prepare supplies. Class is \$4/class and all materials will be provided.



The staff at Pilgrim hopes you had a wonderful Holiday and we look forward to making memories in the New Year.

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## DIRECTOR'S MESSAGE

Dear Friends,

Welcome 2022! We have had a couple of very difficult years—let's hope 2022 brings better days.



Three of our wonderful Transwick drivers retired in 2021. We wish these kind and dedicated men all the best in their well-earned retirement! You will be missed!

**“Gus” Gostanian, Jim Iavarone, and Gary Fitzgerald**

We have added two great new staff members to our Transwick team. **Lori Dale** is our new Dispatcher, and **Mark Williams** is our new full-time driver. Welcome to the Pilgrim Senior Center!

I am beyond grateful for my Pilgrim Senior Center “family.” Our members and staff are the best of the best! It is because of our members and staff that I genuinely love coming to work every day! What is it they say? “Find a job you love and you’ll never have to work a day in your life.”

As we begin a new year, I’d like to personally recognize the incredible staff members here, who truly make a difference in the lives of older adults every day of the year. The following people are among the kindest, most compassionate individuals I have ever known. It is honor to work beside them, and a blessing to call them friends.

Patty Almonte, Kathleen Bohl, Kevin Cabeceiras, Lori Dale, Stephen Englert, Gary Fitzgerald, Jim Iavarone, Amanda Madden, Emily Reid, Bob Smith, Roberta Steinle, Alysa Teare, Lisa Weick, Mark Williams, Christina Woodbine, and Karleen Wrath.

Wishing you and yours a very happy, healthy New Year!

*Warmly,*

*Meg Underwood*  
*Director of Senior Services*



### *In Memoriam*

<b><i>Barbara Pollock</i></b>	<b><i>Mary Wiggins</i></b>	<b><i>Elaine Gaudet</i></b>	<b><i>Lillian Ginaitt</i></b>
<b><i>Judith Lowell</i></b>	<b><i>William Lowell</i></b>	<b><i>Barbara Ginaitt</i></b>	<b><i>Dolores Brunt</i></b>
<b><i>Caterina Delli Carpini</i></b>	<b><i>Doris Genever</i></b>		

## MAYOR'S MESSAGE

Dear Friends,

I hope all of you had a very Merry Christmas and a safe holiday season! It's hard to believe it's been one year since I was elected Mayor of this great city. As I reflect back on my time in office, I want to share with you some of my first priorities when I was sworn in as your Mayor.



The McDermott Pool had been shut down for some time. The prior administration had said it was because of COVID-19 restrictions, but after further inspection it was because of years of lack of maintenance. It took six months of repairs, but we got the pool back open to the public on July 26<sup>th</sup>. I know a lot of you utilize the pool and I'm so happy it re-opened and because of these much needed repairs I'm confident to say it will stay open for years to come.

Another accomplishment for our city: renewing the lease for the Warwick Center of the Arts for another 10 years. They had been in limbo for some time, but as we all know it is a great asset to our city, where local artists can showcase their talents and for the community to enjoy.

As you are aware, most of our city offices are scattered across the city. That is about to change. The city has entered into an agreement with AAA to lease the Sawtooth Building in Apponaug which will soon house all city offices. Don't worry, City Hall isn't going anywhere! The old City Annex behind City Hall was not structurally sound, and has been torn down. I will have more on the plans I have for that area very soon!

Some issues we continue to deal with have a lot to do with trash pickup. Our fleet of sanitation trucks are very old, and need to be replaced. In fact, seven trucks are in great need of repair, but obtaining the needed parts has proved to be very difficult. We have since replaced five of the seven trucks, and we are confident our trash troubles are coming to an end.

While our city made other great accomplishments this past year, we can't forget about what impact COVID-19 has and continues to have on our state and beyond. The city came together this time last year and created vaccination clinics for those most at risk, including our seniors. Since then, the vaccine is now readily available. Please continue to stay safe and take the necessary precautions.

I made it my mission to be transparent throughout my time in office and that includes the good and the bad. I do a weekly video update regarding the issues in the city, and I will continue to inform you every step of the way. I can't really put into words how honored I am to come into work every day and that feeling has only gotten stronger over the past year.

I look forward to seeing what we can accomplish in 2022, and I wish you all of you a very healthy and happy New Year!

Sincerely,

Frank Picozzi, Mayor

**HAPPY ★ NEW ★ YEAR**

**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:

- **1/6 @ 11am — Telehealth in the Modern World**  
Learn how the use of medical information between a patient and provider is done so remotely through the use of audio and visual equipment. How did this all get started? Why is it becoming more common? How will telehealth impact your health care? URI Pharmacy
- **1/20 @ 11am— Building a Resilient Brain: Tips and Tricks to Keep Our Memory Strong as We Age.** Terry Fogerty, Rhode Island Hospital

**CHAIR MASSAGE**

Cost is \$12 for 15 minutes

**Jan 7th & Jan 21st**

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.

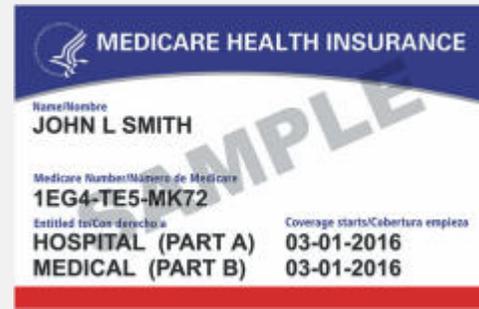
URI SNAP Outreach Project Hotline 866-306-0270

Apply online at: [HealthyRhody.ri.gov](http://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 IS  
OVER FOR  
ANOTHER YEAR.**

**Our Social Services Team  
saved our clients over  
\$135,069 this year! And since  
we started counting in 2017  
we have saved them over**

**\$614,069**

You might have heard that the monthly premium for Part B is going from \$148.50 to \$170 this year. You might be eligible for the Medicare Premium Payment Program if you income is under \$1469. Call Social Services to get screened for this and other programs that can help you.

**These are the 2021 guidelines.**

Income: < \$1469 (Single) & < \$1979 (Married)  
Resource limit: < \$7970 (S) & < \$11,960 (M)

**(2022 guidelines will be announced in Feb.)**

Do you need help with prescriptions?  
Call our Social Service team to see if you are  
eligible for any programs.



**SOCIAL SERVICES**

**AT PILGRIM:**

**Patricia Almonte 468-4084**

**Emily Reid 468-4079**

**Alysa Teare 468-4080**



**LEGAL CLINIC**

**WILL RETURN FEB 23RD 1-3PM**

**CALL EMILY FOR APPOINTMENT**

**GRIEF SUPPORT GROUP**

**Thursdays Jan 13th - March 3rd @ 1pm.** You can join any week and just listen. No need to talk if you

**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](http://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, JAN 19TH - 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**

**Jan 11th & Feb 8th - 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 for home repairs. 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 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**

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
3	12pm	January birthday lunch (Info page 8)	DR-R
4	10:30am	Mealsite Meeting (Info page 10)	DR-R
4	1pm	Gaspee Seniors	DR-L
4	1-2pm	Mat Yoga (Info page 8)	FIT
6	2:00pm	Red Hat Divas	FIT
6	11am	Healthy Living—Telehealth in the Modern World (Info page 4)	FIT
7	10—12pm	Art Class--Jewelry with polymer clay (Registration Required)	CER
7	9-11:30	Chair Massage (Info page 4)	BR
7	10—12pm	Art Class--Jewelry with polymer clay (Registration Required)	CER
11	10-12	LIHEAP Heating Assistance (Info page 5)	TV
12	1:15pm	Red Hat Goddesses	DR-R
13	10am	Book club	IL
13	1pm	Grief Support group begins (More info page 5)	FIT
14	10—12pm	Art Class--Felt flower barrettes (Registration Required)	CER
19	12:30-1:00	Food Commodity Pick Up (Info page 5)	Drive up
20	11am	Building a resilient brain (More info front page)	FIT
20	11am	Warwick Public Library Pop up Library	TV
21	10am-12pm	Art Class— Wire wrapped sea glass (Registration Required)	CER
21	9-11:30	Chair Massage (Info page 4)	BR
26	10am	Warwick Municipal Retirees Meeting	CER
27	10am	Breakfast with Books (More info front page)	CER
28	10—12pm	Art Class--Drawing (Registration Required)	CER

**CANCELLATIONS/ADJUSTMENTS**

**Center will be closed Monday 1/17/21 for MLK Holiday  
See front page for information regarding weather closures**

	<p><b>HAPPY HOLIDAYS!</b> <i>Best Wishes for the New Year!</i></p> <p><b>Kate DeSimone</b> REALTOR® Williams &amp; Stuart Real Estate <b>WARWICK RESIDENT</b> <i>Seniors Real Estate Specialist® • Military Relocation Professional®</i></p> <p><b>401-450-4881</b> kate@desimonerealty.com 170 Mayfield Avenue, Cranston, RI 02920</p>   	<p><b>TRUDEAU IS GRATEFUL FOR OUR EMPLOYEES AND THE WARWICK COMMUNITY.</b></p> <p>OUR MISSION IS TO PROMOTE AN ENHANCED QUALITY OF LIFE FOR INDIVIDUALS WITH DISABILITIES.</p>  <p><b>J. ARTHUR TRUDEAU</b> MEMORIAL CENTER</p> <p>WWW.TRUDEAUCENTER.ORG</p>
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Thank you to all of those that donated to the Giving Tree, helping to make a joyous holiday season for local families in need. A BIG "Thank you" to *Friends of Warwick Seniors* for their generous donation to support the program.

**HIGHLIGHTED PROGRAMS & SPECIAL NOTES**

**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!

**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. Drop –in for \$3/class.

**NEW ART CLASS**

**Fridays, 10-12pm**

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; **1/7 – Jewelry with polymer clay, 1/14 – Felt flower barrettes, 1/21 – Wire wrapped sea glass, 1/28 – Drawing.** 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.

**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
- ◆ **Zumba w/ Krista from BCBS**  
Thurs, 10:30am Free!

**Pop-up Library**

**January 20th from 11-1pm**

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



Art Class with Muma, pouring acrylic paint on ceramic tiles

We still have open spots, so join us at the table and explore your hidden talents on Friday mornings.



## 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 1/13 @ 10am

Gaspee Seniors: 1/4 & 1/17 @ 1:30pm

Mealsite Meeting: 1/4 @ 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: Thurs 1/6 @ 2:00pm

New members welcomed and encouraged.

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

New members are welcomed and encouraged!

Warwick Municipal Retirees: 1/26 @ 10:00am. Please join us for the first meeting of the new year! 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. Please register at the welcome desk, as space is limited.



### Computers: On hold until February

### 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 FOR SENIOR CENTER AND SHOPPING**



Transwrick has resumed **limited transportation**. To schedule transportation to a specific function such as lunch, a class, programs or appointments with social services, call in advance to reserve transportation. We have also resumed grocery shopping trips. Please call Lori at 738-1276 or 468-4002 to schedule a ride.

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

**MEALSITE MEETINGS RESUME!**

January 4th @ 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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- Home-delivered meals after a hospital stay or surgery

1-844-812-6896 (TTY 711)

nhpri.org/INTEGRITY



Neighborhood Health Plan of Rhode Island is a health plan that contracts with both Medicare and Rhode Island Medicaid to provide the benefits of both programs to members.

Neighborhood Health Plan of Rhode Island ©2021

HPRI16, Renewal2022 Agreement 10/16/2021

**GREGORY P.  
RAMEAKA**

**ATTORNEY**

**Estate Planning**

**Elder Law - Wills & Trusts**

**All Probate Matters - Taxation**

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873 Warwick Avenue  
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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 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

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