



PILGRIM SENIOR CENTER NEWS

FEBRUARY 2022



WARWICK SENIOR SERVICES
27 Pilgrim Parkway
Warwick, RI 02888



Find us on:
facebook

401-468-4070
401-468-4090

BIRTHDAY CELEBRATIONS!

Tuesday, February 1st

On the first weekday of every month, we celebrate the upcoming months birthdays. Please let Christina know if your birthday is in February and we will celebrate you!

GRIEF SUPPORT GROUP

Thursdays at 2pm starting February 10th

Come to this weekly encouraging group to share in your experiences of loss. This group is hosted by the VNA of Care New England.

VALENTINES DAY LUNCH

February 14th @ 12pm

We will celebrate Valentine's day with special treats and a raffle prize provided by West View Nursing and Rehabilitation Center at lunch! If you'd like to make a reservation, please call 468-4076 by 2/9.

INCOME TAX PREPARATION--BY APPOINTMENT ONLY

CALL 468-4070 TO SCHEDULE AN APPOINTMENT

Wednesdays & Thursdays 8:30am—11:30am

February 2 - April 14

A tax packet must be picked up at Pilgrim Senior Center prior to your appointment and all enclosed documents should be thoroughly filled out. On the day of your appointment, please bring a photo I.D. and social security card for everyone included on the tax return.

CYBER SENIORS

Make your appointment today! Information on page 8.

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/>

Transwick buses do not operate
when the center is closed

ART CLASS

Fridays @ 10am

This weekly class will fulfil all your creative needs. Upcoming classes; **2/4 - jewelry with polymer clay, 2/11 - Valentine's craft, 2/18 - felt flower barrettes, 2/25 - wire wrapped sea glass.** Please pre-register at the Welcome Desk so that we may prepare supplies. Class is \$4/class and all materials will be provided.

ZUMBA

Thursdays @ 10:30am

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

POP-UP LIBRARY

February 16th, 10-12pm

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

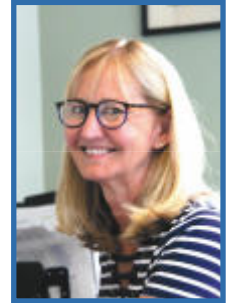
VALENTINE'S DANCE PERFORMANCE BY SET THE BARRE

February 25th @ 11am

These dancers, ages 6—17 years, will be boppin' away to music from the 50's and 60's. Come view the high energy routine they have prepared for us. Register at the Welcome Desk for this free performance.

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DIRECTOR’S MESSAGE



Dear Friends,

It is always difficult for us to have to close our doors to our members, and the “pause” we took in January was especially difficult. Still, the health and safety of our members is always our first priority and—with the post-holiday surge in **Covid-19** cases—it was the right thing to do. As I write this, the surge, sadly, rages on. If you have not already, please protect yourself and your loved ones by getting vaccinated and booster. Although it is true that the vaccines are not completely effective against Covid-19 variants, they significantly reduce severe illness and hospitalizations.

We were also subject to some bitterly cold days during January. To help you with the high cost of heating, a representative will be here on February 8th from 10:00 to noon to assist with **heating assistance**. The representative will help with recertifications, new applications and answer questions about the program. Be sure to 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 is necessary.

Our **FREE Zumba class** continues on Thursdays at 10:30. This is such a fun class—the participants are loving the moves, the music, and our instructor, Krista! Join us and shake off the winter blues! Our thanks to Blue Cross/Blue Shield of Rhode Island for sponsoring this great class.

Our **Legal Clinic** will be held on Wednesday, February 23rd from 1:00 to 3:00. This free clinic requires an appointment, which fill up fast! Please call Emily at 468-4079 for an appointment.

We will be celebrating **Valentine’s Day** on Monday, February 14th with a special lunch—please see the front page for details. Then on Friday, February 25th, at 11:00 we will enjoy a dance performance by *Set The Barre*. These young and talented dancers will move and groove to the music from the 50’s and 60’s in a fun, high-energy routine that they have prepared for us! Please register at the Welcome Desk for this free performance.

Wishing you all good health.



*Warmly,
Meg Underwood*

In Memoriam

<i>Doris Rolan</i>	<i>Sandra DiPalma</i>	<i>Kathleen Santos</i>	<i>Dorothy Shammas</i>
<i>Irene Yates</i>	<i>Russell McCombs</i>	<i>Doreen Erwin</i>	<i>Robert Davidson</i>
<i>Eileen Chevian</i>	<i>Eunice Deming</i>	<i>Lynn White</i>	<i>Ann Perkins</i>
<i>Francis Waite</i>	<i>Nat Wolicki</i>		

MAYOR'S MESSAGE

Dear Friends,

We are only two months into the New Year, and a lot of exciting, new things are happening in the city! Many of you have probably already heard about the plans for the land behind City Hall. The former Annex Building has been torn down, but before that it had been vacant for four years. After much thought, I have decided to build **"City Hall Plaza."** It will be an outdoor ice skating rink during the winter months, but so much more. It will be a year round event center, featuring roller skating, a splash pad, pickle ball, movie nights, dances, concerts, and numerous events for our seniors!



City Hall Plaza will be the central gathering place for Warwick residents like yourselves to come and enjoy with your family and your grandchildren! Warwick has never really had a central meeting place. That will soon change!

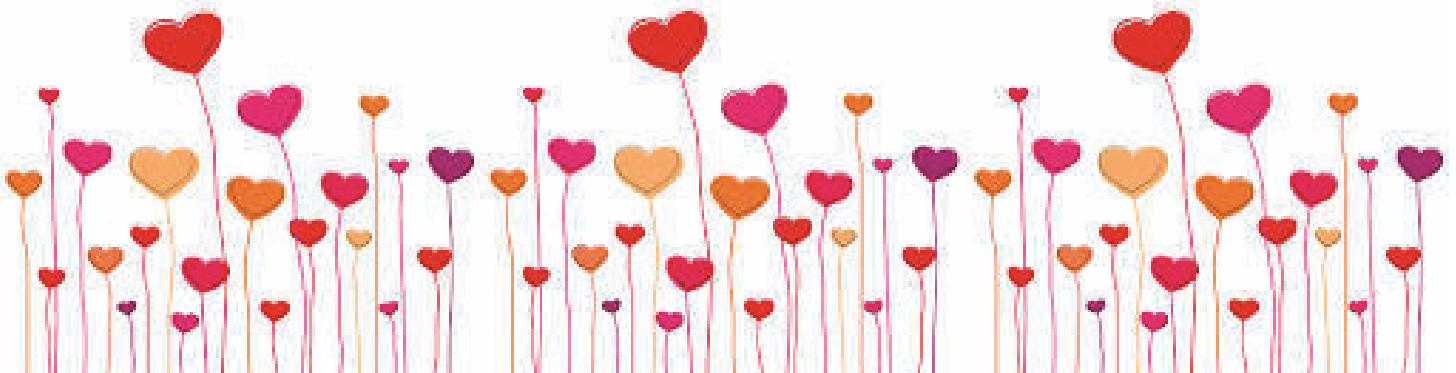
The city plans on funding the project with an existing 3.5 million dollar, unused recreation bond, along with potential federal grants to revitalize the grounds.

The project has been a vision of mine since I was sworn into office last year, and I'm confident it will greatly enhance the quality of life for everyone here in Warwick. City Hall Plaza won't happen overnight. A lot of planning is involved, but I'm hoping it will be completed within the next two years.

A lot more exciting projects are in the works, including moving all city departments into one location at the Sawtooth Building in Apponaug. Like I mentioned before, City Hall isn't going anywhere, but having every department under one roof will make things a lot easier for all of you. We are hoping to move in by the summer!

I hope all of you are staying safe, and again I look forward to seeing what more we can accomplish in 2022!

Sincerely,
Frank Picozzi, Mayor



HEALTH SERVICES

HEALTHY LIVING: BACK TO BASICS

Will return in March!

ON DEMAND CLASSES

We have class options pre-recorded with our fabulous instructors for you to take from the comfort of your own home!

Chair Yoga, Mat Yoga and Low Impact Aerobics

Visit our webpage and click on the **ON-DEMAND Virtual Class** link in the left hand column.

<https://www.warwickri.gov/senior-services-pilgrim-senior-center>



CHAIR MASSAGE

Cost is \$12 for 15 minutes

Feb 4th & Feb 18th

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.

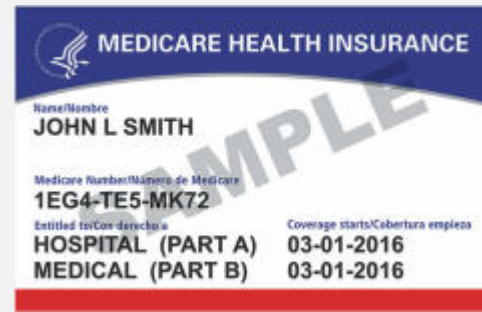
URI SNAP Outreach Project Hotline 866-306-0270

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 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

FEB 23RD 1-3PM

CALL EMILY FOR AN APPOINTMENT

GRIEF SUPPORT GROUP--NEW DATES BELOW

Thursdays Feb 10th - March 31st @ 2pm. You can join any week and just listen. No need to talk if you'd rather not.

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, FEBRUARY 16TH - 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

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

Every Tuesday @ 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)
 2-3:30pm Grief Support Group (FIT)

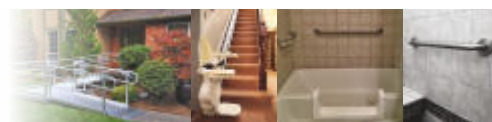
EVERY FRIDAY

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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DATE	TIME	EVENTS	ROOM
1	12pm	February birthday lunch (Info front page)	DR-R
1	10:30am	Mealsite Meeting (Info page 10)	DR-R
1	1-2pm	Mat Yoga Every Tuesday (Info page 8)	FIT
2	8:30am	AARP Income Tax Preparation Begins (Info front page)	TV
3	2:00pm	Red Hat Divas	FIT
3	10:30am	Zumba Class FREE!! (Info front page)	DR-L
4	10—12pm	Art Class — jewelry with polymer clay	CER
4	9-11:30	Chair Massage (Info page 4)	BR
8	10-12	LIHEAP Heating Assistance (Info page 5)	TV
9	1:15pm	Red Hat Goddesses	DR-R
10	10am	Book club	IL
10	2pm	Grief Support group (More info page 5)	FIT
11	10—12pm	Art Class —Valentine craft	CER
14	12pm	Valentine’s Lunch (Info front page)	DR-R
16	12:30-1:00	Food Commodity Pick Up (Info page 5)	Drive up
16	10am	Warwick Public Library Pop up Library (Info front page)	TV
18	10—12pm	Art Class-- felt flower barrettes	CER
18	9-11:30	Chair Massage (Info page 4)	BR
23	10am	Warwick Municipal Retirees Meeting	CER
25	11am	Valentine’s Dance Performance by Set The Barre (Info Front Page)	DR-L
25	10—12pm	Art Class — wire wrapped sea glass	CER

CANCELLATIONS/ADJUSTMENTS

**Center will be closed Monday 2/21/2021 for Presidents’ Holiday
See front page for information regarding weather closures**



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Kate DeSimone REALTOR®
Williams & Stuart Real Estate
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kate@desimonerealty.com
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TRUDEAU IS GRATEFUL FOR OUR EMPLOYEES AND THE WARWICK COMMUNITY.

OUR MISSION IS TO PROMOTE AN ENHANCED QUALITY OF LIFE FOR INDIVIDUALS WITH DISABILITIES.



J. ARTHUR TRUDEAU MEMORIAL CENTER
WWW.TRUDEAUCENTER.ORG

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!

POP-UP LIBRARY

February 16th from 10-12pm

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

VALENTINE'S DANCE PERFORMANCE BY

SET THE BARRE

February 25th @ 11am

These dancers ages 6-17 years, will be boppin' away to music from the 50's and 60's. Come view the high energy routine they have prepared for us. Please register at the Welcome Desk for this free performance.

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; 2/4 - jewelry with polymer clay, 2/11 - Valentine's craft, 2/18 - felt flower barrettes, 2/25 - wire wrapped sea glass. 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!

CYBER SENIORS

University of
Rhode Island
Engaging Generations
Program



This is an individualized program that connects URI students with older adults. This program is designed to provide benefits to all that participate - helping older adults learn to use technology (e.g. smart phones, iPads, laptops) and helping students gain valuable skills in teaching and communicating.

This program can be tailored for each person based on individual technological device, knowledge, and interests. Lessons can include: specific features of different devices, using e-mail (including sending/receiving pictures and attachments), internet browsing/searching, YouTube, Zoom, Skype, Facebook, and Internet terminology.

For an appointment, please contact Kathleen Bohl at (401) 468-4074.

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

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 2/10 @ 10am

Gaspee Seniors: No meetings in February
See you 3/1 @ 1:30pm

Mealsite Meeting: 2/1 @ 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 2/3 @ 2pm

New members welcomed and encouraged.

Red Hat Goddesses: Wed 2/9 @ 1:15pm

New members are welcomed and encouraged!

Warwick Municipal Retirees: 2/23 @ 10am.

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.



Computer Class: On hold until March

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 to the center gift shop and local hospitals. 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 gift shop. No sign-up necessary, just drop-in.



Transwick Transportation



Transwick has resumed weekly grocery shopping. Space is available on all schedules. Call Lori @ 738-1276 to be added to the weekly schedule for your area of the city. Transwick also has limited availability for trips to the bank, pharmacy, and hair appointments. Call ahead and we will do our best to accommodate your request. As always Transwick can provide transportation to the center for meals, classes, programs and social service appointments, trips to McDermott pool and the library.

Mask are required while on the bus.
Always be safe and responsible.

PLEASE NOTE THAT A 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 AT ALL TIMES!

MEALSITE MEETING

February 1st @ 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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- Healthy food savings card
- Gym membership and activity tracker
- Companion services at your home
- 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

HPRI, Renewal Agreement 10/1/2021

**GREGORY P.
RAMEAKA**

ATTORNEY

Estate Planning

Elder Law - Wills & Trusts

All Probate Matters - Taxation

Medicaid Planning

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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
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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

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(401) 486-9777

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