

WESTERLY SENIOR CITIZENS CENTER

39 STATE STREET, WESTERLY RI 02891



OFFICE PHONE: (401) 596-2404

MEASLITE/TRANSPORTATION : (401) 596-7216:

www.westerlyseniorcenter.org Monday—Friday 8:30 a.m.—4:30 p.m

JANUARY 2022

A MESSAGE FROM THE PRESIDENT OF THE BOARD OF DIRECTORS

I hope everyone is doing well. We at the Senior Center have much to be happy about.

Our Center was made available for the dispensing of Covid-19 vaccine. I hope everyone took advantage of getting the vaccine; if not, I encourage you to do so, thereby protecting yourself and friends.

Great money has purchased a new phone system for us, a new shed for storing medical supplies for free distribution for those in need, new tables and chairs and shades for our worn out blinds.

With the relaxing of Covid-19 restrictions, our Center's functions have returned. Yoga and mahjonnig are going strong, card playing is back, shuffle-board has resumed, the quilters are busy sewing, the wood carvers are whittling away, and the painters are creating amazing pictures.

Nichole, in our Social Service office, is assisting our seniors in record numbers. Our bingo committee is approaching a record year, and last but not least, you, our members have been outstanding in your financial support of our Summer Raffle and our quarterly Calendar Club.

So, as I look back at 2021, I, as your president, can honestly say the Center has much to be thankful for, and with you continued support, 2022 can only be better.

Wishing you health and happiness in the coming year.

George H. Routhier, President



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DECEMBER CALENDAR CLUB**WINNERS**

Thank you to everyone who took part in the December Calendar Club, which raised funds for programs and activities we offer.

Congratulations to the following winners:

December 1—\$25—Silvina Costa
 December 2—\$25—Marcella Bartolo
 December 3— \$25—Silvina Costa
 December 4—\$25—Dale Quattromani
 December 5—\$50—Jill Baker
 December 6—\$25—Nancy Lewis
 December 7—\$200—Ed Lunaas
 December 8— \$25—Dave Capizzano
 December 9—\$25—Barbara Monahan
 December 10—\$25—Elizabeth Bray
 December 11—\$50—Philip Newbury
 December 12—\$50—Sheila Dippolino
 December 13—\$25—Marcella & Bello Bartolo
 December 14—\$25—Jill Baker
 December 15— \$100—Mark Faiola
 December 16— \$25—Joe Quaratella
 December 17—\$25—Ann King
 December 18—\$50—Barbara Monahan
 December 19—\$50—Susan Robinson
 December 20—\$25—Bette Steward
 December 21- \$200—Marilyn Main
 December 22—\$25—Phil Bonomo
 December 23—\$25—John Giovanelli
 December 24—\$25—Marilyn Dwyer
 December 25—\$50—Bob Nist
 December 26—\$50—Gilbert Scott
 December 27—\$100—Susan Robinson
 December 28—\$25 - Marcella Bertolo
 December 29—\$25—Maureen Gavitt
 December 30—\$25—Steve Cote
 December 31- \$300—Marcella & Bello Bartolo

**BEA SMITH TRUCKLOAD SALE**

On Thursday, January 27, Bea Smith's will be holding a special event truckload sale at the Westerly Senior Center from 10 a.m. to 2:00 p.m. You can save up to 75% on Alfred Dunner, London Fog, handbags, and much more. Join your friends while enjoying discounts on fashionable clothing for ladies our age.

DUES ARE NOW OVERDUE

If you have not renewed your dues for 2022, they are now overdue. To take part in most activities at the Center, you are expected to belong to the Center. Dues are still \$25 for the year and may be paid at the Center office or through the mail.



BIRTHDAYS—JANUARY 2022

January 1

Jean Sposato
Muriel Tingley
Dorothy Carrier
Barbara Smith
Eugene Cory
Jo-An Pietraallo

New Year's Day

January 2

January 3

Mary Bainto

January 4

Sal Capalbo

January 5

Philip Gagnon

Joann Dowbekin

Joan Booker

January 6

Heinz Schab

January 7

Susan Victoria

Mary Bilby

January 8

Elvis Presley's Birthday

Patricia Owens

Daniel Grant

January 9

Deborah Severns

Jackie Brennan

Mary Ciocca

Janice Russell

January 10

Sue Melanson

January 11

Carolyn LeRoy

Frances Muller



January 12

Gloria Hazard

January 13

Margo Burke

Elizabeth Jacoinski

Janet Jansak

January 14

January 15

Catherine Rush

Patricia Sisson

January 16

Benjamin Hazard, Jr.

January 17

*Martin Luther King Jr.'s
Birthday*

January 18

Frances Sokal

Donald Dunn

January 19

Joyce Roach

January 20

Louis Gencarella

Gail Galli

January 21

Lee Cimalore

Christine Azzinaro

January 22

Mark Faiola

Janet Burke

Janice Skonard

January 23

Susan Rosen

January 23

Donald Charnley

Antonio Ferraro

Claire Pratt



Arthur Grayson

Richard Sculco

Faye Luzzi

January 24

Gina Lyman

Judith Brann

William Hewes

January 25

Nancy Didone

Denise Pearce

January 26

Jean Siciliano

Virginia Martin

January 27

Ann Sheldon

Susan Gaccione

January 28

Cindy Ventura

Phil Overton

Anne Ianella

Derek Ferris

January 29

Heinz Becker

Frederic Davis

Sandra Manfredi

Maureen Piscatelli

Judy Peltier

January 30

January 31

Lauren Rapp

Walter Grimes

Woodford Cushman

Letitia Bogue

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by
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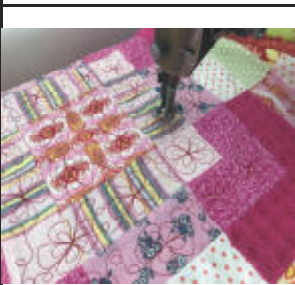


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JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Bridge :1:00 am Line Dancing 1:30 pm Yoga 1:30 pm	4 AA 7:30 am Woodshop 8:30 Billiards 8:30 Table Shuffle 9:00 am Mahjonn 1:00 pm AA 6:00 pm TOPS 6:30 pm	5 AA 7:30 am Woodshop 8:30 am Billiards 8:30 Ninigret Quilters 9:00 am Table Shuffle 9:00 am Dream Quilters 10 Bingo 6:30 pm AA 7:00 pm	6 AA 7:30 am Woodshop/ 8:30 Billiards 8:30 a.m. Wood Carving 8:30 am Pitch 9:00 am Painting 9:00 am "99" 9:00 am Bridge 1:00 pm Line Dancing 1:30 pm TOPS 6:30	7 AA 7:30 am Yoga 9:00 am Woodshop 8:30 am Billiards 8:30 am Cribbage 9:30 am Mahjonn 1:00 pm AA 6:30 p.m.
10 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Bridge :1:00 am Line Dancing 1:30 pm Yoga 1:30 pm	11 AA 7:30 am Woodshop 8:30 Billiards 8:30 Table Shuffle 9:00 am VFW 11:00 am Mahjonn 1:00 pm AA 6:00 pm TOPS 6:30 pm Ninigret Quilters 6:00pm	12 AA 7:30 am Woodshop 8:30 am Billiards 8:30 Ninigret Quilters 9:00 am Table Shuffle 9:00 am Dream Quilters 10 Bingo 6:30 pm AA 7:00 pm	13 AA 7:30 am Woodshop/ 8:30 Billiards 8:30 a.m. Wood Carving 8:30 am Pitch 9:00 am Painting 9:00 am "99" 9:00 am Bridge 1:00 pm Line Dancing 1:30 pm TOPS 6:30	14 AA 7:30 am Yoga 9:00 am Woodshop 8:30 am Billiards 8:30 am Cribbage 9:30 am Mahjonn 1:00 pm AA 6:30 p.m.
17 Center Closed For Martin Luther King, Jr. Day	18 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Table Shuffle 9:00 Mahjonn 1:00 pm AA 6:00 pm TOPS 6:30 pm	19 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Ninigret Quilters 9 am Table Shuffle 9:00 am Dream Quilters 10 Bridge 1:00 Bingo 6:30 pm AA 7:00 pm	20 AA 7:30 am Woodshop/ Billiards 8:30 Wood Carving 8:30 am Pitch 9:00 am Painting 9:00 am "99" 9:00 pm Bridge 1:00 Board Meeting 1:15pm Line Dancing 1:30 pm Blue Cross 2:00 pm TOPS 6:30 Coin Club 6 pm	21 AA 7:30 am Woodshop 8:30 Billiards 8:30 Ninigret Quilters 9:00 Yoga 9:00 am Cribbage 9:30 am Mahjonn 1:00 pm AA 6:30 p.m
24 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Bridge :1:00 am Line Dancing 1:30 pm Yoga 1:30 pm	25 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Table Shuffle 9:00 am Visiting Nurse 9:30 am Mahjonn 1:00 pm AA 6 pm TOPS 6:30 pm	26 AA 7:30 am Woodshop 8:30 am Billiards 8:30 Ninigret Quilters 9 am Table Shuffle 9:00 am Dream Quilters 10 am Bridge 1:00 pm Bingo 6:30 pm AA 7:00	27 AA 7:30 am Woodshop 8:30 Billiards 8:30 a.m. Wood Carving 8:30 am Pitch 9:00 am Painting 9:00 am "99" 9:00 am Bridge 1:00 pm Line Dancing 1:30 p.m. TOPS 6:30	28 AA 7:30 am Woodshop 8:30 Billiards 8:30 Ninigret Quilters 9:00 Yoga 9:00 am Cribbage 9:30 am Mahjonn 1:00 pm AA 6:30 p.m
31 AA 7:30 am Woodshop 8:30 a.m. Billiards 8:30 Bridge 1:00 am Line Dancing 1:30 pm				

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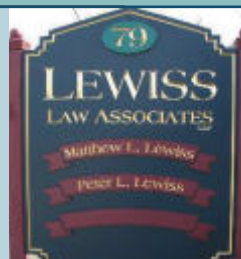
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Westerly Senior Citizens Center Menu		JANUARY 2022			FOR RESERVATIONS CALL(401) 596-7216	
Monday	Tuesday	Wednesday	Thursday	Friday		
3 Chicken Noodle Soup Meatball & Pepper Sand. Roasted Potatoes 3 Bean Salad WW Roll Dessert OR Egg Salad on Wheat Bread	4 Vegetable Soup Roasted Chicken Leg 1/4 Peas & Carrots Sweet Potatoes Multi Grain Roll Dessert OR Chicken Salad on Wheat Roll	5 Mushroom Barley Soup Liver & Onions w/ Bacon Roasted Zucchini & Carrot Dessert Multi Grain Roll OR Tuna on Rye Bread	6 Tomato Soup Chicken Marsala Mashed Potatoes Green Beans Snowflake Roll Dessert OR Turkey on Multi Grain Bread	7 Kale & Bean Soup Baked Fish Rice Pilaf (Brown Rice) Steamed Broccoli Dessert OR Ham & Swiss on Wheat Roll		
10 Minestrone Soup Veal & Pepper Sandwich Steamed Peas Whole Wheat Roll Dessert OR Chicken Salad on Wheat Roll	11 Tomato Soup Beef Casserole Over Cheesy Buttered Noodles Sliced Carrots Garlic Bread Dessert OR Salami, Ham & Cheese on Wheat Roll	12 Escarole & Bean Soup Swedish Meatballs Mashed Potatoes Buttered Corn Dessert Wheat Roll OR Turkey On Rye Bread	13 Lentil Soup Chicken Parmesan Seasoned Cauliflower w/ Broccoli Roasted Potato Italian Bread Dessert OR Seafood Salad on Rye Bread	14 Chicken Soup Sloppy Joe Cole Slaw Potato Wedges Multi Grain Roll Dessert OR Egg Salad on Wheat Bread		
17 Mealsite Closed For Martin Luther King, Jr. Day	18 Navy Bean Soup Sausage & Pepper Sandwich Cauliflower, Broccoli, & Carrots Wheat Roll Dessert OR Tuna Salad on Rye	19 Chicken Soup Shepherd's Pie Mashed Potatoes Mixed Vegetables WW Biscuit Dessert OR Salami & Cheese On Wheat Roll	20 Cream of Mushroom Soup French Onion Baked Chicken Mixed Vegetables Sweet Potatoes Sliced Bread Dessert OR Ham Salad on What Roll	21 Red Clam Chowder Baked Fish w/ Lemon Butter Rice Pilaf Broccoli Florets Dessert OR Turkey on Whole Wheat Bread		
24 Chicken Noodle Soup Baked Ziti w/ Meatballs & Sausage & Cheese Waxed Beans Garlic Bread Dessert OR Ham & Cheese on Rye	25 Lentil Soup Chicken Cacciatore Fingerling Potatoes Green Beans Multi-Grain Roll Dessert OR Egg Salad on Wheat Roll	26 Tomato Soup Chicken Fajita w/ Peppers & Onions Spanish Rice (Brown Rice) Dessert OR Seafood Salad on Wheat Roll	27 Pasta & Bean Soup Pot Roast w/ Gravy Roasted Potato Zucchini Whole Grain Wheat Roll Dessert OR Turkey & Provolone on Whole Wheat Bread	28 Vegetable Soup BBQ Pork Sandwich Cole Slaw Whole Wheat Roll Dessert OR Chicken Salad on Whole Wheat		
31 Minestrone Soup Pub Burger w/ Cheese On Whole Wheat Roll Mixed Vegetables Dessert OR Turkey & Swiss on Whole Wheat						

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MEETINGS, PROGRAMS, SPECIAL ACTIVITIES

AA Meetings—AA Meetings are held Sunday through Saturday at 7:30 a.m. in the triple room, on **Tuesdays** at 6:00 p.m., on **Wednesdays** at 7:00 p.m., and at 6:30 p.m. **Fridays**. New members are welcome to attend, regardless of Center membership.

Board Meeting—The Board of Directors will be holding its monthly membership and business meeting on **January 20th** at 1:15 p.m. in the Conference Room.

Book Club— The Book Club will resume meeting soon. For more information please check with the Senior Center office for up to date details.

Health Insurance – A representatives from Blue Cross, will be at the Center on Thursday, January 20th at 2:00 for informational meetings an informational meeting for those new to Blue Cross or who are turning 65.

Knights of Columbus – Due to the unexpected passing of those in charge of the Knights of Columbus Breakfast, the monthly event is temporally on hold. Stay tuned for further information.

Ninigret Quilters—Ninigret Quilters will meet at the Senior Center on **Tuesday, January 11 at 7:00 p.m.** Ninigret Quilters and Dream Quilters also meet on Wednesdays at 9:00 & 10:00 am in the center craft room.

Pawcatuck Valley Coin Club—The Pawcatuck Valley Coin Club will holds its **January 20th** meeting at 6 p.m. at the Senior Center.

VFW - Project Outreach of Westerly, sponsored by the VFW and DAV, will be offering assistance on **Tuesday, January 11** at 10:30 a.m. A rep will be available to help with VA disability claims and health benefits.

Visiting Nurse – The Visiting Nurse will be at the Senior Center on January 25th at 9:30 a.m. for blood pressure screenings and other health concerns.

SOUP NIGHT

Set aside Friday, March 11th from 5:00—7:00 p.m. for Soup Night. More information will be available in the February newsletter.

“99”

“99 will be starting again on Thursdays at 9:00 am in January in the triple room.

Center Van— The Center van is available Tuesday—Thursday for shopping, hairdresser, barber, banking, and nursing home visits. Contact Edie Jacobson, the Transportation Coordinator to make a reservation.

Medical Rides— MTM is the State program for medical rides. To make reservations, call 1-855-330-9131.

New Year’s Jokes for Seniors

Have a heartfelt laugh reading these jokes and spread smiles by forwarding them to the senior people in your life. They will be utterly pleased to read the old-age jokes that target and highlight the fun factor greatly. So without further ado give these jokes a good read and start sharing them already with the seniors or elderly people in your life whom you treasure a lot.

My wife still hasn’t told me what my New Year’s resolutions are.

The average age of people living in our military retirement community is 85. Recently, a neighbor turned 100, and a big birthday party was thrown. Even his son turned up. “How old are you?” a tenant asked. “I’m 81 years old,” he answered. The tenant shook her head. “They sure grow up fast, don’t they?”

How are stars like false teeth? They both come out at night!

My new year’s resolution is to be more optimistic by keeping my cup half-full with either rum, vodka, or whiskey.

NEW MEMBERS

Welcome to the following new members of the Senior Center. In order to become a member, you must be 50 years old by December of the year you join. Won't you join our growing group? Dues are only \$25 a year.

- | | |
|-----------------------|-----------------|
| Ernest Saltalamacchia | Agnes Entwistle |
| Constance Manolagos | Margaret Burns |
| Russell Merritt | Joyce Clark |
| Don Brown | Marylou Brown |
| Deborah Severios | |

ACTIVITY GROUPS

Westerly Senior Center has a variety groups for those who enjoy getting together with others their own age and of their own interests. Membership is expected. Please note that class times have changed from before Covid.

- Monday:** **Billiards**—Monday—Friday
8:30—4:30 on your own
Bridge—10 a.m.—Social bridge—\$1 per day
Line Dancing 1:30 p.m
Yoga Class—1:30 p.m.—\$3 per class
- Tuesday:** **Shuffleboard Tournament**
9:00 am 30 weeks—\$1 per day
Mahjongg—1:00 p.m.—\$1 per day
- Wednesday:** **Ninigret Quilters**—9:00 a.m.—own projects and machines
Tournament Bridge—1 p.m.— The same partners are used all tournament. —\$1 per day
Shuffleboard Tournament
9:00 am 30 weeks—\$1 per day
- Thursday:** **Wood Carving**—own projects—\$1 per day
Pitch—9:00 a.m.—\$1 per day
“99” - 9:00 A.M.—\$1 per day
Painting—9:00 a.m.—\$3 per class
Tournament Bridge 1:00 p.m. The same partners are used all tournament.
Line Dancing 1:30 p.m
- Friday:** **Yoga Class**—9:00 p.m.—\$3 per class
Cribbage—9:30 a.m.—\$1 per day

For some groups, the fee is used for a special activity or materials for the group members. For groups with a teacher, the fee goes toward paying the teacher for the class.

If you take part in an activity or activities, you are expected to become members of the Center, so it is advisable to try a class such as painting, tai chi, or yoga before joining in case you find that the class is not what you want.

WANTED AND NEEDED

The Senior Center is proud to be able to lend members equipment available to seniors and their caregivers over the past few years. However, the closet is dependent on the generosity of those who donate various goods for the use of others. Being able to lend this equipment helps us make medical equipment, which is often used for a limited time, affordable to those who may not be able to afford it.

The Center is in need of the following equipment:

- | | |
|--------------------------------|------------------|
| Wheel Chairs | Transport Chairs |
| Shower chairs | Seated walkers |
| Rollators | Shower benches |
| Bedside Commodes | Hospital Trays |
| 4 Pronged canes | Toilet Extenders |
| “Reachers” | |
| Adult Diapers of various sizes | |
| Bed Rails | |

(Sorry, but we do not have storage room for Hospital Beds or Stair Lifts)



Westerly Senior Citizens Center Membership Form

NAME _____

MAILING ADDRESS _____

If spend part of the year somewhere else, what is your mailing address and what dates apply? From _____ To _____

TELEPHONE # () _____ BIRTHDATE __/__/__

E-Mail _____

If the Center makes a directory of members, may we include your e-mail? ____

In case of emergency, call –

Name _____ Phone No. _____

Relationship to you _____

What activity or fundraiser would you be willing to volunteer for?

What special skills do you have that you would be willing to share?

(To be completed by staff)

MEMBERSHIP # _____

Today's date _____

Staff initials _____

NEW MEMBER _____

RENEWAL _____

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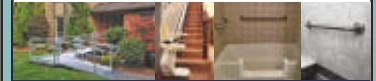
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Canonchet Cliffs I

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Telephone (401) 539-7490

Canonchet Cliffs II

805 Main Street, Hope Valley, RI 02832

Telephone (401) 539-2223



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Westerly Council on Aging, Westerly, RI

06-5248

Westerly Senior Citizens Center Board of Directors:

George Routhier—President, Wayne Bartolo—Vice President,
Marcella Bartolo—Treasurer, Sally Gagnon— Secretary,
Kathleen Robin Buck, Sue Melanson, Dale Quattromani,
Sue Rackett, Michelle Reehl

Westerly Senior Citizens Center Staff:

Don L. Reynolds—**Executive Director**
Nichole Woodward – **Elder Information Specialist**
Edith E. Jacobson— **Transportation/ Mealsite Coordinator**
Lucy Hargraves—**Administrative Assistant**
Justine Plaisted—**Kitchen Supervisor**
Luis Angel Ortiz—**Maintenance Supervisors**
Ephrain Rivera
Jerry Breault—**Van Driver**

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Westerly RI 02891**

RETURN SERVICE REQUESTED

**If you are fully vaccinated, masks are not required in the Senior Center,
but are recommended.**

WSSC MISSION STATEMENT

The mission of the Westerly Senior Citizens Center is to provide opportunity for the “young at heart” to meet and enjoy a wide variety of social, educational, health, and recreational activities and programs and to promote the positive aspects of aging to them, their families, and the community at large.