CUMBERLAND SENIOR CENTER MONTHLY NEWSLETTER

1464 Diamond Hill Road, Cumberland RI 02864—401-334-2555
Mayor: Jeff Mutter ~ Director Michael Crawley
Website: www.cumberlandri.org

October 2021

THE SENIOR CENTER SERVICES SENIORS 55+

Connecting Seniors to community services that can help them stay healthy & independent

HOURS

We are open Daily
Monday-Friday
Hours: 8:00am to 4:00pm
Closed:
Saturday & Sunday

SENIOR CENTER STAFF:

Senior Director
Michael Crawley
Phone: 401-334-2555 ext. 101
Email: mcrawley@cumberlandri.org

Social Director
Senior Service Manager
Karen Kane
Phone: 401-334-2555 ext. 101
Email: kkane@cumberlandri.org

Admin Assistant—Debi Coia
Phone: 401-334-2555 ext. 102
Email: dcoia@cumberlandri.org

Sr. Van Driver—Brian Hart
Phone: 401-334-2555 ext. 104

Website:
Www.cumberlandri.org

Membership Renewal
Yearly membership
$8.00 Cumberland Residents
$12.00 Non-Residents

Like us on: facebook

Director's Message

Since we reopened, the center is getting back to normal with focus on health and having FUN. Goodbye to Summer & Welcome Fall — What a great September we had at the Cumberland Senior Center. We went on trips to Sam's Inn, Lindy's & Iggy's. We have also begun a new adventure at the Senior Center - Local Access TV— Stay tuned for dates, channels and show times in our November Newsletter. October has arrived so it is time for our annual Oktoberfest Lunch & Halloween Party Lunch! Check out the dates and times on page 9 of this newsletter. We are always trying to introduce new activities and events to the Senior Center. Please let us know how we are doing & if you have any questions or suggestions let us know Thank you ~ Mike

Flu Shot Clinic

Monday October 4, 2021 ~ 10:00am-12:00pm
@ The Cumberland Senior Center
Bring ID & Insurance Card—Sponsored by Walgreens

Our Mission Statement - The Cumberland Senior Center is a caring center committed to providing an array of quality services to Enrich & Educate our senior citizens. We encourage all individuals to achieve a lifestyle in which they can remain an active and productive member of the community. We are responsive to the needs of our senior citizens & offer up-to-date quality of life programs and encourage all members to participate.

Short Term Therapy & Long Term Care

Mount St. Rita Health Centre
featuring Mercy Rehabilitation

We deliver the highest caliber of medical and rehabilitative care, with the compassion, kindness and respect every patient deserves.

Schedule a tour. Call Today!

15 Sumner Brown Road, Cumberland, RI 02864

(401) 333-6352

Heritage Hills
Nursing & Rehabilitation Center

A Health Concepts, Ltd. Facility

80 Douglas Pike, Smithfield, RI 02917

(401) 231-2700

admissions.hh@hcltdri.com | HealthConceptsLtd.com

FREE AD DESIGN

WITH PURCHASE OF THIS SPACE

LPi CALL 800.477.4574

Resurrection Cemetery
Catholic Cemeteries – Diocese of Providence

A place of reverence and respect.

We have options for you.

Call Now (401) 658-0252

Everyone Deserves a Great Life
at Chapel Hill Senior Living!

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www.meridiansenior.com/chapelhill

ALR: 01501

A MERIDIAN SENIOR LIVING COMMUNITY

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Attorneys At Law

MEDICAID LAW,
ESTATE PLANNING,
AND PROBATE LAW.

Brule, Nault & Hainley, P.C.

1334 Mendon Road

Cumberland, RI 02864

(401) 334-4545

www.bnhri.com

We've Missed You!

Welcome Back to Mass

Stay connected to our faith community no matter where you are by signing up to get our bulletin delivered straight to your email!

www.ParishesOnline.com

FREQUENTLY ASKED QUESTIONS

What age to join the Senior Center? 55+

If I leave my parent at the Senior Center will someone keep an eye on him/her? Are seniors supervised at all times? We are not staffed to assist and stay with any one individual. We welcome aides or family members for seniors who are in need of assistance.

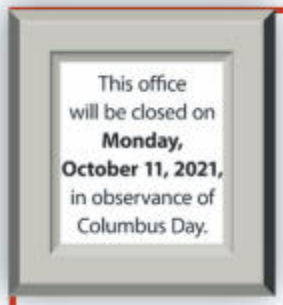
Is the Cumberland Senior Center for Cumberland Residents only? No. Seniors are Welcome at any Senior Center (see above for member fees)

Do you provide transportation to Medical Appointments? No, but we provide rides to and from the Senior Center & weekly market trips—Call Sr. Van Driver Brian Hart 401-334-2555 for more info.

Is someone available to answer questions on Medicare? Yes, Tri County Community Action Guy Boulay—Guy is at the Senior Center the last Thursday of every month—By appointment 334-2555

Is Someone Available to answer questions on Veterans Benefits? Yes, Volunteer Tom Yuppa is at the Senior Center the 1st Weds. of the Month from 9-12

What types of programs and classes are at the Senior Center? We have several on-going programs—Fitness of all kinds, Watercolor Class, Busy Fingers, Hi Lo Jack Leagues & Tech Corner. Several health related & programs and a free blood-pressure clinic. We offer day trips For further info, call the Senior Center at 401-334-2555 or visit town website cumberlandri.org



The Cumberland Senior Center is CLOSED on Major State & Municipal Holidays including: Labor Day, Columbus Day, Veterans Day, Thanksgiving, Christmas & New Years Day, MLK Jr. Day, Presidents Day, Memorial Day, July 4th and VJ

Friday
October 15
10:00am-11:00am
Main Hallway
Sponsored by
GRANDVIEW CENTER
100 Chambers Street, Cumberland RI
www.genesishcc.com

Blood pressure is important because the higher your blood pressure is, the higher your risk of health problems in the future.

DAILY LUNCH CAFÉ
For the month of September We will be offering "GRAB AND GO LUNCH' supplied by Woonsocket Senior Services (Monday thru Friday)

Lunches must be ordered 3 days in advance by calling the senior center at 334-2555 you can also stop at the senior center to place your order.

Pick up will be at the Side Door or feel free to come in and eat at one of our banquet tables.

SENIOR HEALTH INSURANCE

MEDICARE—Medicare Open Enrollment also known as Medicare's annual election period runs from October 15 through December 7 each year. During this annual window, Medicare plan enrollees can reevaluate their coverage and make changes or purchase new policies if they want to do so—Also you can enroll in a Medicare Part D plan if you didn't enroll when you were first eligible for Medicare.

Our Senior Center SHIP Counselor Guy Boulay is available to help you with all of your healthcare options and questions and is available by appointment (year round) - Please call the Senior Center for appointment

During OPEN ENROLLMENT Guy will extend his availability with additional appointment days—Call early to schedule your session with

Guy—401-334-2555

MISCELLANEOUS

Newsletter

The Monthly Newsletter will come out the last Thursday of the Month

Notary Services

Available to Members at no charge
See Senior Center Clerk Debi Coia

Membership Renewal

Yearly membership
$8.00 Cumberland Residents
$12.00 Non-Residents
Valid January thru December

TECH HELP

TECH CORNER

Are you a senior who is having a hard time with technology?

The Cumberland Senior Center offers "Tech Corner" with Technology Expert **Mike Belleville** – Mike is here to help you with your Tablet, Phone, Laptop etc

1st Monday of the Month
(Appointment needed)
Monday Oct. 4 ~ 9am-11am

Call or stop at the Senior Center to reserve a time—401-334-2555

VOLUNTEER

VOLUNTEER ADVISORY BOARD

We are looking for members for our advisory board—If you are interested Please see Senior Center Director Mike Crawley or email at mcrawley@cumberlandri.org—We would love to have you join!

The Cumberland Senior Center advisory board is a volunteer group formed to give advice and support to the Senior Center executive staff. The Advisory Board meets 1st Wednesday of the Month

Next Meeting is October 6—9:00am

THANK YOU

Thank you to *Landmark Hospital* for sponsoring a Free Harvest Lunch on Sept. 30th
Thank you to *O'Neill Funeral Home* for Sponsoring our September & October Free Breakfasts
Thank you to Mike Belliville for Tech help
Thank you to Guy Boulay—Medicare Help
Thank you to Tom Yuppa—Veterans Help

DAY TRIPS & TRANSPORTATION

TRANSPORTATION Cumberland Transportation Services

The Senior Center provides Transportation to and from the Senior Center at no charge. Also provides weekly market trips and once per month Walmart Trip

Please call **Driver Brian Hart 401-334-2555**

State Transportation Services

MTM is the State of Rhode Island's non-emergency medical transportation manager.

MTM Arranges Rides for eligible Rhode Island Residents

Call MTM At 1-855-330-9131 for Non-Emergency medical appointments in Town or out of Town medical

appointments, therapy, cancer treatments, kidney dialysis, adult day care, physical therapy & meal site lunch. For 60+ or individuals with disabilities who meet certain

RIDDLE:

What do you call a witch that lives on the Beach? **Answer page 7**

NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed to you at *www.mycommunityonline.com*

MEREDITH'S CORNER

ESAU SIMMONS

Esau grew up in the Bronx in New York City. His father was a brick mason; he helped build many of the Manhattan sky-scrapers and later became a New York City Building Inspector. After earning his Bachelor's and Master's Degrees, Esau was a teacher in early childhood education for several years. His brother was an army nurse and worked at Walter Reed Hospital in DC; he was part of the surgical team that removed a tumor from President Ronald Reagan, and later he cared for hundreds of soldiers returning from Iraq and Afghanistan. Inspired by his brother, Esau joined the army where he became a medical lab technician.

Leaving the army, he went back to New York City, for pre-med courses, and graduated from Harvard Medical School in 1986. His specialty was pediatrics and he took his residency at Boston Children's Hospital. As a doctor, he had a primary care practice at the hospital clinic and also worked in a special program diagnosing and treating learning disabilities in children. After thirty-one years as a doctor, he retired in 2017.

He met his wife Denise at Harvard; they took some classes together. She graduated from Harvard Dental School and became an associate in a North Smithfield dental practice. They bought a house in North Attleboro and raised one son. They also have a dog named Abigail, affectionately called Abigirl.

Another one of Esau's interests is music. He plays the guitar and the ukulele and is part of the RI Strummers at the Lincoln Senior Center. He and his wife sing in the Cumberland-Lincoln Community Chorus.

A friend introduced him to the Cumberland Senior Center, where he and his wife like the exercise classes; they participate in them four days a week. He is impressed by the friendliness of the people and staff here, and how they care about each other.

FITNESS

NEW CLASSES ADDED!

EASY STRETCH w/Chair

Thursday 9:00am-10:00am
w/Margaret

Easy Stretch is geared for improving flexibility for all muscle groups through various stretching techniques, movement & overall body stretch

FUNCTIONAL FITNESS w/Chair

Thursday 10:00am-11:00am

w/Lisa

A type of exercise that supports your everyday life. It includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength.

CARDIO BLAST

Thursday 11:00am-12:00pm

w/Lisa

Cardio Blast is all about getting the body moving and the heart pumping. Each class offers a different, but always fun, challenge, combining a range of aerobic and body exercises.

WEEKLY FITNESS SCHEDULE

All Exercise Classes are Free with Senior Center membership

MONDAY

9:00am-10:00am— Mat Yoga w/Karen
10:00am-11:00am—Chair Yoga w/Karen

TUESDAY

9:00am-10:00am—Line Dance w/Donna
10:00am-11:00am—Body & Brain Fitness w/ Margaret
10:00am-11:00am—Water Aerobics (Boys Club) ***TBD
11:00am-12:00pm—Zumba w/Diane **ON HOLD

WEDNESDAY

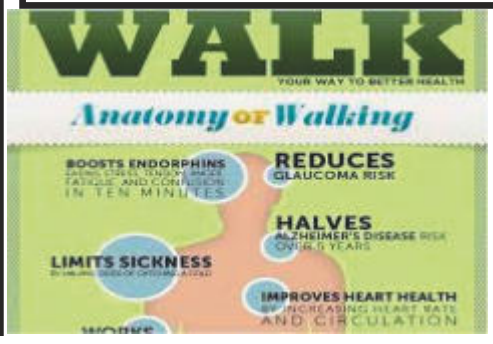
9:00am-10:00am– Mat Yoga w/Karen
10:00am-11:00am—Chair Yoga w/Karen
11:00-12:00pm—20/20/20 –Cardio, Strength, Stretch w/Lisa
12:00pm-1:00pm—Strength Training 101 w/Lisa

THURSDAY

9:00am-10:00am—Easy Stretch w/ Margaret ***NEW
10:00am-11:00am—Functional Fitness w/Lisa ***NEW
11:00am-12:00pm—Cardio BLAST w/Lisa ***NEW
10:00am-11:00am —Water Aerobics (Boys Club) ***TBD

FRIDAY

9:00am-10:00am—Rhythm Dance w/Diane **ON HOLD
10:00am-11:00am—Body & Brain Fitness w/Margaret



FITNESS CLASS DESCRIPTIONS

MAT YOGA

Monday & Weds—9:00am-10:00am

Instructor: Karen Matte

This yoga class will meet the needs of all level practitioners. Focused on meeting the body where it is at in the moment. Mental focus & concentration on pose, Body Breath and mind

BODY & BRAIN FITNESS w/Chair

Tuesday & Friday—10:00am-11:00am

Instructor: Margaret Soares

This class will focus on overall body conditioning. Combo of warmups, strength, muscle moving. Work all muscle groups, upper and lower body. All Levels

20/20/20—Cardio, Strength, Stretch

Wednesday—11:00am-12:00pm

Lisa Cruz

The 20/20/20 class is designed to give you a total body workout. 20 minutes of cardio, 20 minutes of strength training, 20 stretch

EASY STRETCH w/Chair

Thursday—9:00am-10:00am

Instructor: Margaret Soares

Easy Stretch is geared for improving flexibility for all muscle groups through various stretching techniques, movement & overall body stretch. Stretch for a complete workout

CARDIO BLAST GOLD

Thursday—11:00am-12:00pm

Instructor: Lisa Cruz

Cardio Blast is all about getting the body moving & heart pumping. Offers a different, but always fun, challenge, combining a range of aerobic and body exercises.

CHAIR YOGA

Monday & Weds—10:00am-11:00am

Instructor: Karen Matte

This yoga class will meet the needs of all level practitioners. Focused on meeting the body where it is at in the moment. Mental focus & concentration on pose, Body Breath and mind

LINE DANCE

Tuesday—9:00am-10:00am

Instructor: Donna Carter

A line dance is a choreographed dance in which a group of people dance along to a repeating sequence of steps while arranged in one or more lines or rows

STRENGTH TRAINING 101 w/ Chair

Wednesday—11:00am-12:00pm

Instructor: Lisa Cruz

Builds endurance and develops coordination. Will focus on Balance moving from Chair to Stand and back. Improve flexibility and strength or all muscle groups .

FUNCTIONAL FITNESS

Thursday—10:00am-11:00am

Instructor: Lisa Cruz

A type of exercise that supports your everyday life. It includes movements such as walking, pushing, pulling, bending, squatting, lunging, and core. These exercises improve functional strength

Answers to the Riddles: Envelope & Thumb

word search

P U M P K I N G S L K E X E
S V A M P I R E R A H P H S
Q A I S T Y P X M K A B X C
S P O O K Y S F B J U Y L A
J N V T C E A C I M N Z O R
S W C I A O I P E X T B L E
L B O Z N Q S P I D E R S C
E P S Z D M Z T R X D A W R
E R I O Y I X D U L D Z I O
P Z A M C P R P X M A S K W
B A S B O O F G K I E X X X
A X U I R J I A B B S P E E
T Y F E N L A G H O S T S X
V P O C T O B E R L A Y U K

1. Scarecrow
2. Pumpkin
3. Trick or treat
4. Ghosts
5. Spider
6. Haunted
7. Spooky
8. Candy Corn
9. Pumpkin
10 Bat
11. Boo
12. Vampire
13. October
14. Zombie
15. Mask
16. Costume

Easy Brain Teaser

What Number will replace question mark ?

Wellness Tips

Drink More Water

1. Aides in balancing the fluids in your body.
2. Helps your kidneys in the cleansing process.
3. Lubricates joints and decreases discomfort caused by arthirits or back pains.
4. Energizes your muscles and increases mental awareness.
5. Relieves fatigue, which can put you in a more positive mood!

SUPPORT OUR ADVERTISERS!

LOCAL NEWS

Cumberland Town Hall

YARD WASTE: The bi-weekly curbside collection of yard waste in the Town of Cumberland will end on October 1st. It will resume on a weekly basis beginning on October 12th, for the fall collection season. The town wide weekly collection of yard waste during the fall season will continue until December 17, 2021.

LOCAL FALL FESTIVALS

Food Truck/Concert Night @ Diamond Hill Park—Oct. 1st 5-7pm

Scituate Art Festival Columbus Day Weekend—Oct. 9-11

Woonsocket Autumnfest Columbus Day Weekend—Oct. 8-11

Glocester Scarecrow Festival Saturday—Oct. 16 start

RETIREMENT

Remember to take care of these five things before you retire:

Complete home repairs & improvements

Create a realistic budget

Pay off debt

Consider how you will spend your time

Evaluate your health care and insurance needs

DID YOU KNOW?

The Town of Cumberland RI, according to the United States Census Bureau, has a total area of 28.3 square miles , of which 26.4 square miles is land and 1.8 square miles or 6.40%, is water. Cumberland is the easternmost town along the state's northern border with Massachusetts, making it the state's de facto north easternmost town. Cumberland borders the Rhode Island cities of Woonsocket to the northwest & Central Falls, to the south & the town of Lincoln to the west as well as the MA towns of Wrentham to the north, Plainville and North Attleborough to the east and city of Attleboro to the southeast.

The population was 36,405 at the 2020 census, making it the seventh-largest municipality and the largest town in the state.

Join us for Classes, Clubs, Leagues and Cafes—Check them out, you'll be glad you

WATERCOLOR CLASS IS BACK AT A NEW TIME!!

Tuesdays @ 9:30am-11:30am

$3.00 per class with membership—

Artists will learn basic techniques such as using color and value to create depth.

****List of supplies you will need to bring to class: Watercolor Brushes, Palette, Lg. Board (can be carboard), Old Cloth**

Instructor: World renowned artist **Jerry Aissis**

Conversation CAFÉ — 1st & 3rd- Wednesday of the month

Time 11:00am-12:00pm - Join for CONVERSATION & CURRENT EVENTS— An informal chat group that take part in discussions, current events

Upcoming Café:

Weds. Oct. 6 & Oct. 20—ALL SENIOR CENTER MEMBERS ARE WELCOME! THE MORE THE MERRIER!

BUSY FINGERS

Knit & Crochet Group

Mondays @ 8:30AM-11:00AM

If you LOVE to Knit or Crochet or just want to come to learn! We welcome crafters of all skill levels. This is a drop in (no sign up required)

WE WANT YOU!

HI LO JACK

Card Leagues

COME JOIN THE FUN!!!

Mondays &Tuesdays 12:30pm

Cost is $1.00 per week –Monday

$2.00 per week—Tuesday

Note: New players are welcome!

Players must have prior experience playing Hi-Lo Jack.

YOU WON'T WANT TO MISS OUT!

GLEE CLUB—Singing Group

CALLING ALL AMATEUR SINGERS!

We are always looking for New Members to join the SINGING & FUN

(No Experience Necessary—just like to sing) Join today! If interested stop in or call the senior center for more information.

***** Practice starts in 2022**

Practice on Most Tuesdays at 12pm

Sign up & Schedule posted on bulletin board (Time & Day is subject to change depending on Choral Director Schedule)

UPCOMING Events

DAY TRIPS

Important Notice

Once you sign your name to go on a day trip, please mark this date on your personal calendar as a reminder.

If for some reason you are unable to attend a day trip that you have signed up for, please let a senior center staff member know as soon as possible so we can call our wait list to fill the open spot.

OCTOBER DAY TRIPS

ANGELO'S Cumberland

Thursday Oct 7

Van leaves 11:15am

The LODGE

Wednesday Oct 13

Van leaves 11:00am

CRACKERBARRELL

Tuesday Oct 19

Van leaves 10:45am

(Lunch you are on your own)

FREE MONTHLY BREAKFAST

Monday October 25—9:00am

Sponsored by: O'Neill Funeral Home

Tickets available NOW

MAGIC SHOW & LUNCH

With Larry Parker

Thurs. Oct. 14 @11:30am

$ 5.00pp—Pork Loin & Potato & Dessert

Get you tickets NOW

Friday Bingo Bonanza

When: Fri. October 15 @ 11:30am

Lunch: Weiner & FF—$5.00

Tickets on sale now—Bingo Starts at 12:45pm

Dessert: Thank you to MOUNT ST RITA FOR OUR COOKIES!!!

OKTOBERFEST LUNCH

Thurs. Oct 21—11:30am

Music: JOE VONO

Lunch: Salad Rueben sandwich, chips & dessert

$6.00pp

Tickets on sale in Office Now

HALLOWEEN LUNCH

THURSDAY OCT. 29

11:30AM

Lunch: Lasagna, rolls & dessert—$6.00pp

Get your Tickets in Office

COSTUME IS OPTIONAL—PRIZES GIVEN FOR BEST COSTUMES

In Rhode Island

If a Senior is NOT SAFE at home call:
Dept. of Elderly Affairs @ 401-462-0555
or 462-3000
For Neglect or Abuse in a facility call:
Dept. of Health Facilities Regulation @ 401-222-5200
RI Attorney General—Patient Abuse or Neglect, Medicaid Fraud & Drug Diversion Unit: 401-222-2566 or 274-4400 x2269

RI Long Term Care Ombudsman:
401-785-3340
In Massachusetts—Statewide Elder Abuse Hotline: 1-800-922-2275

**IMPORTANT PHONE NUMBERS

Important Phone Numbers

Cumberland Senior Center
401-334-2555
Cumberland Police Station
401-333-2500
Cumberland Town Hall
401-728-2400
The Point - 401-462-4444
Dept. of Elderly Affairs
401-462-3000
Cumberland Housing Authority—401-334-2786

RIPTA Senior & Disabled Bus Pass Need a BUS PASS? RIPTA 1 Kennedy Plaza, Providence RI Call 401-784-9500 Anyone interested in getting their Senior or Disabled Bus Pass (as long as they have correct documentation) they will be able to receive a BUS PASS

SPECIAL THANK YOU TO OUR SPONSORS:

AAA 2000 Mendon Rd, Cumberland RI 401-333-9500 **Phillis Patricio**, Sales Director

Blue Cross Blue Shield of Rhode Island 500 Exchange Street -Providence, RI 02903 **Zoila Ramos-Albizu**, Assoc Consumer Engagement & Consumer Experience and Engage Sales 401-459-5090 Office ~ 401-919-3711

Chapel Hill CUMBERLAND 10 Old Diamond Hill Road Cumberland, RI 02864— 401-333-3393 – chpl.lec@meridiansenior.com—**Laura Cardoso** Life Enrichment Coordinator

Grandview Center (Nursing Home) 100 Chambers Street Cumberland, RI 02864 401-724-7500 www.genesishcc.com

JJ Duffy Funeral Home 757 Mendon Rd., Cumberland RI—401-334-2300
www.jjduffyfuneralhome.com -
Brian Bernado

Landmark Medical Center & Rehab Hospital 115 Cass Avenue, Woonsocket, RI 02895 401-769-4100 Volunteer Service Coordinator—**Carolyn Dery**

Mount St. Rita Health Center(Mercy Rehab) 15 Sumner Brown Road, Cumberland RI 401-333-6352 ext. 124 **Maryellen Gillis**, Director of Admissions and Business Development Cell: (508) 733-2878, Fax: (401) 334-4274,
Email: mgillis@mountstrita.org

OAKLAND GROVE—Health Care Center 560 Cumberland Hill Road Woonsocket, RI 401-769-0800
Aubrey Olney P.R.
admiions@oaklandgrovehcc.com

O'Neill Funeral Home 3102 Mendon Road Cumberland, RI 02864—Phone: 401-658-1155-
www.rifuneral.com—**John O'Neill Funeral Director**

MEDICARE

MEDICARE AND YOU

If you have questions and/or want help with plan choices or any other Medicare/Medicaid Questions contact your local State Health Insurance Program (SHIP) or SPEAK WITH A MEDICARE SHIP COUNSELOR at the Cumberland Senior Center Appointments can be made with SHIP Counselor **GUY BOULAY**

Weds. (9am-12pm)

call 401-334-2555—**Call for Appointment**

HEATING ASSISTANCE

The Heating Assistance Program is run through Community Action Program—**BVCAP (Blackstone Valley Community Action Program)** Direct Line **401-723-0227 NOTE:** If Applying for 1st time—call BVCAP for appointment

FREE LEGAL INFORMATION

RI LEGAL SERVICES—56 PINE St, Prov RI 401-274-2652 OR 1-800-662-5034

RI BAR ASSOCIATION -41 Sharpe Drive, Cranston RI— Offers FREE 20 Minute Consultations for Senior Citizens Call 401-521-5040—Lisa/Elisa

ELDER LAW PROGRAM

RI Div. of Elderly Affairs

(Protective Services—401-462-0555)

RI DEPT. OF ATTORNEY GENERAL (ELDER DIV)

401-274-4400 EXT 2383

ALLIANCE FOR BETTER LONG-TERM CARE

401-785-3340

SNAP

Supplemental Nutrition Assistance Program

Nutrition assistance is provided to low-income individuals and families in the form of an EBT card which may be used to buy food at grocery stores, supermarkets, convenience stores, and farmers markets. **Call 1-800-745-657 for more info**

VETERANS SERVICES

If you have served in the military, you may be entitled to receive benefits because of your status as a Veteran. In the United States, veterans' benefits honor those brave men and women who served our country by providing them with health care, housing, and even long-term care options. There are many resources available to vets, including some specific to elderly veterans and those in need of long-term care.

Tom Yuppa, retired Veteran Service Rep. will be at the Senior Center (by Appointment) 1st Weds. Of the month Starting Sept. 8, 2021

If you would like to speak with Tom about Veterans Benefits —Call the Senior Center @ 334-2555 to make an appointment

HOUSING

DOWNSIZING? TO SUBSIDIZED HOUSING?

Can I keep the profits of my House? Call Legal Services FREE for Seniors Citizens 401-274-2685 ext. 133— If you are a Cumberland Resident, you can call the Cumberland Housing Authority

573 Mendon Road 401-334-2678

Senior Housing in Cumberland (Income Requirements)

Cumberland Manor—401-724-8590

Chimney Hill Apts—401-333-0211

Riverside Village—401-334-2802

Bear Hill Village—401-333-0030

Waterfall Estates—401-640-1305

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Office: 401-724-6637
www.dandurandre.com

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60 MENDON ROAD, WOONSOCKET, RI 02895 | www.Balloulife.org

THIS SPACE IS AVAILABLE
Call LPi at 1.800.477.4574 for more information.

Listening to you is where we start every visit.
Accepting new patients
401-488-7147
OAK STREET HEALTH | Doctors for Adults on Medicare

OCTOBER 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 BODY & BRAIN FITNESS 12:45—BINGO	2
3	4 9:30-12PM— FLU CLINIC 9-11—TECH CORNER 8:30 BUSY FINGER 9-10 MAT YOGA 10-11 CHAIR YOGA	5 9:00am LINE DANCE 9:30am WATER-COLOR CLASS 10:00am BODY & BRAIN FITNESS	6 9:00am VETERANS HELP W/TOM 11—CONV CAFÉ 9:00 MAT YOGA 10:00 CHAIR YOGA 11:00 20/20/20 12:00 STRENGTH TRAINING	7 9:00 EASY STRETCH 10:00 FUNCTION-AL FITNESS 11:00 CARDIO BLAST DAY TRIP:ANGELO 11	8 10:00 BODY & BRAIN FITNESS 12:45—BINGO	9 NOTE: DAI-LY “GRAB AND GO” LUNCH PICK UP 11:30AM
10	11 CLOSED COLUMBUS DAY	12 9:00am LINE DANCE 9:30am WATER-COLOR CLASS 10:00am BODY & BRAIN FITNESS	13 9:00 MAT YOGA 10:00 CHAIR YOGA 11:00 20/20/20 12:00 STRENGTH TRAINING DAY TRIP: LODGE—10:45am	14 9:00 EASY STRETCH 10:00 FUNCTION-AL FITNESS 11:30 MAGIC SHOW & LUNCH (PORK LOIN) $5	15 **OPEN ENROLLMENT STARTS 10:00 BODY & BRIAN 12:45 BINGO BONANZA Lunch: WEINER & FF $5 **COOKIES FROM MOUNT ST RITA	**OCT. 15 FREE BLOOD PRESSURE CLINIC 10-11 Sponsor: GRANDVIEW CENTER
17	18 8:30 BUSY FINGER 9-10 MAT YOGA 10-11 CHAIR YOGA	19 9:00am LINE DANCE 9:30am WATER-COLOR CLASS 10:00am BODY & BRAIN DAY TRIP: CRACKERBARRELL—10:45am	20 9:00 MAT YOGA 10:00 CHAIR YOGA 11:00 20/20/20 12:00 STRENGTH TRAINING 11:00 CONV CAFE MEDICARE APPOINTMENTS W/GUY	21 9:00 EASY STRETCH 10:00 FUNCTION-AL FITNESS 11:30 OKTOBER-FEST LUNCH & JOE VONO (RUEBEN) $6	22 10:00 BODY & BRIAN BINGO STARTS 12:45PM	23
24	25 9:00 FREE BREAK-FAST (MINI BINGO) Sponsored by O’NEILL FUNERAL HOME 8:30 BUSY FINGER 9-10 MAT YOGA 10-11 CHAIR YOGA	26 9:00am LINE DANCE 9:30am WATER-COLOR CLASS 10:00am BODY & BRAIN FITNESS	27 9:00 MAT YOGA 10:00 CHAIR YOGA 11:00 20/20/20 12:00 STRENGTH TRAINING	28 9:00 EASY STRETCH 10:00 FUNCTION-AL FITNESS 11:30 HALLOWEEN PARTY $6 LASAGNA	29 10:00 BODY & BRIAN BINGO STARTS 12:45PM	30/31
31						