



MONTHLY NEWSLETTER

CUMBERLAND SENIOR CENTER ~ JANUARY 2022

1464 Diamond Hill Road, Cumberland RI 02864—401-334-2555

Mayor: Jeff Mutter ~ Director Michael Crawley

Website: www.cumberlandri.org

THE SENIOR CENTER SERVICES SENIORS 55+

Connecting Seniors to communi-
ty 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

Senior Service Assistant

Andrea Azevedo

Phone: 401-334-2555

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

****ATTENTION: Masks must be worn at all times in the Senior Center**



Director's Message - Dear Members: Thank you for the successful year and thank you for your patience as we complete the renovations to the senior center. The outside of the building redesign is almost complete and it looks fantastic! We begin the New Year with a lot of new ideas and new energy. Our membership is at an all time high and our senior center is in full swing. I send heartiest wishes on the New Year 2022 and wish you a marvelous New Year celebration filled with fun moments of joy. All the Best ~ Mike



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.

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(401) 333-6352



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(401) 231-2700

admissions.hh@hcltdri.com | HealthConceptsLtd.com

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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



FAQ'S

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

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

January Closings

PAGE 3

Monday Jan 3—Closed

Monday Jan. 17—Closed MLK Day

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 Day

2022
happy new year



Lunch Café

HOT MEALS ARE BACK!

Starting Monday January 10

Cumberland Senior Center provides nutritional meals in a community-dining room setting.

Lunch is served Monday through Friday 11:30am and is available to individuals who are at least 55 yrs. old, as well as, persons with disabilities under 55-Suggested donation \$3

Lunch Reservations may be made by contacting Andrea @ the Senior Center @ 401-334-2555 EXT. 103

(Lunch must be ordered 3 days in advance)

Monthly Menus will be available in front reception and in the bookcase in the hallway



Medicare News Medicare Enrollees: If

you have a Medicare advantage plan (H-M-O or P-P-O), you have an additional open enrollment period from January 1 to March 31. During this time you have the opportunity to change your plan if you believe that it is not meeting your health or prescription needs. You are welcome to make an appointment with the SHIP counselor, Guy Boulay, who will be here on the second Wednesday of the month. To schedule an appointment please call Karen @ 334-2555



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 RI Residents Call MTM At 1-855-330-9131 for Non-Emergency medical appointments, therapy, cancer treatments, kidney dialysis, adult day care, physical therapy & meal site lunch. For 60+ or individuals with disabilities who meet certain requirements Fee: \$2 per trip/\$4 round trip.—Two business days prior to

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



NEVER MISS A NEWSLETTER!

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





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Join us every Friday
 Afternoon for BINGO!
 Starts @ 12:45pm
 The Third Friday of the
 Month is our exciting
 "BINGO BONANZA"
 By extra cards to win
 extra money\$\$\$
 Bingo is held in main
 assembly hall ~ GOOD
 LUCK
 Don't miss out on this
 fun filled afternoon
 (Bingo Bonanza is Friday Jan. 21)



January Day Trips

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.

Olive Garden

Weds. January 12—Van leaves @ 11:00am
 (Lunch you are on your own)

Tavolo—Lincoln

Tuesday January 18—Van leaves @ 11:00am
 (Lunch you are on your own)

Uncle Tony's

Weds. January 26—Van leaves @
 11:00am (Lunch you are on your own)



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

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

10:00am-11:00am—Functional Fitness w/Lisa

11:00am-12:00pm—Cardio BLAST w/Lisa

10:00am-11:00am —Water Aerobics (Boys Club) ***TBD

FRIDAY

10:00am-11:00am—Body & Brain Fitness w/Margaret



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—12:00pm-1:00pm

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





Thank you to Kim S. for helping us organize our greeting cards!!

Save the Date

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Valentine's Day Lunch will be held on Thursday February 10 @ 11:30 with music by Manny Brando

Pot of Gold Raffle Starts Monday February 7

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 January 10 ~ 9am-11am

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



Get your Taxes done for FREE

Attention Senior Center Members!! Beginning Monday February 7, 2022 and every Monday continuing through April 11, 2022 AARP Foundation is providing tax assistance and preparation through its Tax-Aide program.

IT IS COMPLETELY FREE!

In Person: In Tax-Aide's service, Taxes are prepared and filed by IRS-certified tax counselors with strict physical measures in place.

NOTE: This is for Cumberland Senior Center Members only!

Appointments can be made in person at the senior center or by calling Karen @ 401-334-2555

Senior Center

Building Renovation Update:

We are just about at the finish line. Outside is almost complete & we start landscape next month—WOW our senior center is Beautiful!!



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

Tri County Community Agency

401-709-2635

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

RI Long Term Care Ombudsman:

401-785-3340

In Massachusetts Statewide Elder

Abuse Hotline: 1-800-922-2275

NEWSLETTER, NOTARY & MEMBERSHIP

PAGE 9

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

DID YOU KNOW?

January is the first month of the year in the Julian
and Gregorian calendars and the first of seven
months to have a length of 31 days. The first day
of the month is known as New Year's Day.

There are close to 100 people in the U.S. whose
first or last name is January.

If you need any of the items listed below, you
may be able to save money by purchasing them in
January. Shopping for things that are on sale dur-
ing January is a great way to use any gift cards
you might have received for the holidays.

SUPPORT OUR ADVERTISERS!



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



WE WANT 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 cardboard), Old Cloth**

Instructor: World renowned artist
Jerry Aissis



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!



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. January 5 & Weds. January 19

ALL SENIOR CENTER MEMBERS ARE WELCOME! THE MORE THE MERRIER!

GLEE CLUB—Singing Group
CALLING ALL AMATEUR SINGERS!



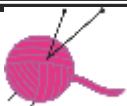
We are always looking for New Members to join the SINGING & FUN

(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)



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)



Ann Karbonik

Anne was born in 1968 in Cumberland into a family of Ukrainian descent, the youngest of four children: her sister Carol, who lives in the Netherlands with her Dutch husband and two children, and two brothers, David and Peter. Her mother, with whom she lives, is ninety-seven years old; David also lives with them and manages the household.

Ann completed her elementary education in Cumberland schools and then went on to a vocational school in Woonsocket, where she prepared to become a nurse's aide. She tells me she earned straight A's in high school and had a boyfriend, Michael. In courses at CCRI, she learned secretarial skills: typing, business math, and computer skills. Weekends she attended a special program at Cove Center called Stepping Out, where she went camping and on field trips; one was a Whale Watch.

She has held several jobs, some paid and some as a volunteer. For six years she was an aide and housekeeper at the Holiday Retirement Home. She was a Candy Stripper at Memorial Hospital in Pawtucket. She was a bagger at the old Ann and Hope Outlet and a volunteer at the Cumberland Public Library. She was also a teacher's aide in a kindergarten class at Ashton School for several years.

She has enjoyed a wide range of interests and experiences. She has her own iPhone, laptop, and wide screen TV, and a large collection of video cassettes and DVDs. She likes to play Lego video games: Batman, Star Wars, Indiana Jones, and Harry Potter themed games. She follows soap operas: The Young and the Restless and the Bold and the Beautiful. Her passions, though, are music and movies. Her favorite singer is Laura Branigan, who sang Gloria; Anne told me that Laura passed away at age 47, but she still has all her records and belongs to her fan club. Her favorite actress is Kate Jackson, one of Charlie's Angels. She has a lot of possessions with illustrations of Kate. She also wants you to know she attended St. Joseph's church, and now she is a born-again Christian. She has a little white dog named Bijou.

She likes to travel. Each summer she goes with her family to Provincetown on Cape Cod. She went with her mother to Monroe, New York, a four hour drive, to visit her grandparents and their two French Poodles, MiMi and GiGi. While in New York, she went to a Broadway Show, *Joseph and his Amazing Technicolor Dream Coat*. She has gone to Europe several times, to visit her sister and her family, and her travels there included Belgium, Paris, Rome, and England. She saw the show Miss Saigon, all in the Dutch language.

Anne is very outgoing and friendly to everyone. She spends most days now at the Senior Center. Her favorite activities are the exercise classes; she participates in Brain and Body and a Fitness class, but her favorite is Line Dancing, and her favorite dance is Cupid's Shuffle. You have probably seen her on the dance floor at Center parties, most recently at the Christmas party, where she dressed as an elf.





Special Message from Our Director Mike

Hi Members: It is time to provide you with some important information regarding Senior Center closing and delayed openings, due to inclement weather. The decision to close or delay opening at the Senior Center is made by myself, in consultation with the Police Department and the Department of Public Works. Safety is our primary consideration when making a determination on whether to open or close the Senior Center during challenging weather situations. Please understand that these very difficult decisions are made based on a number of factors including weather forecasts, as well as street, sidewalk, and parking lot conditions. Safety to the Senior Citizens is always our main priority. Please Call the Senior Center @ 334-2555 on inclement weather days for closing or delayed start information. Also If the Cumberland Schools are closed, the Senior Center is also closed. Thank you



Mr. Crawley's Math Quiz
(see answer on back page)

**What is the Answer
to this simple math?**

$$3 + 6 \times (5 + 4) \div 3 - 7$$

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Laura Cardoso Life Enrichment Coordinator

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Cumberland RI—401-334-2300
www.jjduffyfuneralhome.com - Brian Bernado

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Volunteer Service Coordinator—Carolyn Dery

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ext. 124 Maryellen Gillis, Director of Admissions
and Business Development Cell: (508) 733-2878,
Fax: (401) 334-4274, Email: mgillis@mountstrita.org

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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

Upcoming EVENTS



**New Year's Lunch &
Mike's Birthday**
With Singer Bud Pistachio
When: **Thursday January 6**
Time: **11:30am**
Lunch: **Pork Loin \$5.00 pp**



Bingo Bonanza FRIDAY January 21 @ 11:30am

Lunch: Clam Chowder, Baked Fish , Rice & Fruit Suggested Donation \$3.00
Bingo Starts at 12:45pm - Thank you to MOUNT ST RITA FOR OUR COOKIES!!!



Lunch & RITCHIE RICH GAMES
Thursday—January 20 @ 11:30—4.00 pp
You don't want to miss out on all the FUN!!!!



FREE BREAKFAST—Monday January 31 @ 9am
GET YOUR TICKETS NOW



**FUN
PICTURES
FROM THE
CHRISTMAS
PARTY HELD
ON DEC. 9**



MEDICARE AND YOU

MEDICARE

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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Adults on Medicare**



Monthly Highlights

January 2022

Sun	Mon	TUE	Wed	Thu	Fri	Sat
			ANSWER TO MATH QUIZ IS: 14			PAGE 16 1
**ATTENTION: Masks must be worn at all times in the Senior Center						
2	3 <u>CLOSED FOR NEW YEARS</u>	4 9am— Line Dance 9:30am Watercolor Class 10am—Body & Brain Fitness	5 9am Volunteer Adv 9am Vets Help 9am Mat Yoga 10am Chair Yoga 11am Conv Cafe 11am 20/20/20 12pm—Strength Training	6 9am Easy Stretch 10am Func Fit 11am Cardio Blast <u>11:30 New Year Lunch & Mike's Bday—\$4</u>	7 10am Body & Brain 12:45pm—BINGO	8
9	10 8:30 Busy Fingers 9am Mat Yoga 10am Chair Yoga **Hot Meals are Back**	11 9am Line Dance 9:30am Watercolor Class 10am Body & Brain	12 9am Mat Yoga 10am Chair Yoga 11am 20/20/20 12pm Strength Train <u>Day Trip OLIVE GARDEN 11am</u>	13 9am Easy Stretch 10am Function Fit 11am Cardio Blast	14 10am Body & Brain 12:45pm—BINGO	15
16	17 <u>CLOSED FOR MLK DAY</u>	18 9am Line Dance 9:30am Watercolor Class 10am Body & Brain <u>Day Trip TAVOLO GRILLE 11am</u>	19 9am Mat Yoga 10am Chair Yoga 11am 20/20/20 11am Conv Café 12pm Strength Train	20 9am Easy Stretch 10am Funct Fit 11am Cardio Blast <u>11:30 Ritchie & Games \$4</u>	21 10am Body & Brain <u>11:30 Bonanza Lunch—Baked Fish Suggested Donation \$3</u> 12:45pm—BINGO	22
23	24 8:30 Busy Fingers 9am Mat Yoga 10am Chair Yoga	25 9am— Line Dance 9:30am Watercolor Class 10am—Body & Brain Fitness	26 9am Mat Yoga 10am Chair Yoga 11am 20/20/20 12pm Strength Train <u>Day Trip TAVOLO GRILLE 11am</u>	27 9am Easy Stretch 10am Funct Fit 11am Cardio Blast	28 10am Body & Brain 12:45pm—BINGO	29
30	31 9am—FREE BREAKFAST					

