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The Tiverton Senior Center



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MAY 2024

Please Join Jill on Thursday, May 16th at 10:15 a.m.

Early American Art - the Western Frontier

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds - artists and non-artists alike. The featured topic, **Early American Art - the Western Frontier**, is a collection of images portraying the exciting and dangerous time of America's expansion. Learn about the artists of that era as well as the variety of ways Americans were enticed to venture west. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



URI Pharma Outreach presents: Healthy Breathing~ Thursday, May 9th at 10:15 a.m. Breathing is such an important body function! Most of us do not realize that we are doing shallow breathing instead of nice deep breaths. Learn proper breathing techniques for better health.



OUR TEAM:

Janet Holmes
Director

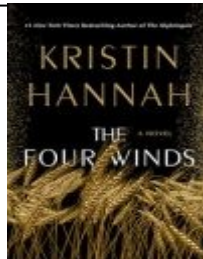
Angela DaPonte
Assistant Director

Betsy Sowin
Office Assistant

Paul Anderson
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Nanci Lambert
Dining Assistant



BOOK GROUP—Tuesday, May 21st at 10:15 a.m. This month's selection is: Kristin Hannah's dust bowl epic: **"The Four Winds"** Large print books available- All are welcome to join this free & fun group



Health & Wellness

Please join us on Friday, May 17th from 10 a.m. to 2 p.m. for our **Annual Health Fair**

This year our participants will include: RI Office of Healthy Aging; The Residence at Cedar Dell; Prosper Assisted Living; Senior

Financial & Insurance Services; ATEL Program; Tiverton & Little Compton Prevention Coalition; Pappas OPT Physical, Sports & Hand Therapy; Visiting Nurses Home & Hospice; Green Tree; White Cross Pharmacy; EBCAP Office of Volunteer Services; RI Special Needs Emergency Registry; TOPS; IN-SIGHT; AARP Driver Safety and many more! Use Shuttle Bus

AARP Smart Driver TEK-Friday, May 24th at 1:30-3:00 p.m. FREE

This workshop is designed to help people over 50 learn about the safety technology they're likely to find in their new cars. The goal of the Smart Driver TEK program is to assist older drivers take advantage of new safety features and extend the number of years to be able to safely stay on the road.



Sign up in the office

ACTIVITIES AT A GLANCE

TOPS – Monday at 9:00 a.m. in Game Room

Learn Ukulele Monday 1-2 p.m. \$20 for 6-week session

Functional Fitness with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:00

Quilting for Charity meets every Monday at 10:00-3:00 p.m.

Pitch League- Hi, Lo, Jack meets Mondays at 12:30-3 p.m.

Chair Yoga with Shirley—Tuesday’s at 9 a.m. Class fee is \$3 per class.

Drums Alive! with Jessica-Tuesdays at 12:45 p.m. Class fee is \$3 per class.

Paint with Shawndavid Tuesdays 2:00-3:30 pm \$25 for 6-week session

Book Club Tuesday, May 21st at 10:15 a.m. : “The Four Winds”

Mahjongg– Tuesdays and Fridays, 11:00 a.m.-3 p.m

Wednesdays: 12:30-3 p.m. Cribbage (Game Rm)

Chorus –Wednesdays at 12:30 in the Lounge

Balance & Mobility with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members

Center Meeting will be held on Thursday, May 23rd at 10:15 am

TECH TIME with Kristin-Thursday, May 2nd 10 a.m.

BINGO-Thursdays!!! 1:00-3:00 PM Start Promptly at 1:00

Knitters for Charity-Thursdays at 1:00-3:00 p.m.

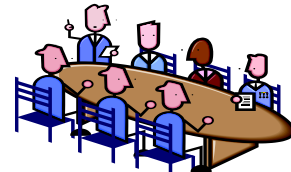
Zumba with Jessica—Fridays at 8:45 a.m. Fee is \$3.00 per class



**Thursdays @ 1:00 SHARP!
MAY 2nd, 9th, 16th, 23rd, 30th**

Our next Center Meeting will be Thursday, May 23rd at 10:15 a.m. All members are invited to attend.

Thursday, May 2nd ~ Introducing: TECH TIME with Kristin. 10 a.m. Kristin Amaral, Technology Coordinator of the Tiverton Public Library: Kristin will now be visiting ONCE a MONTH to assist with your technological problems & needs: cell phone, etc.



CARE GIVER SUPPORT GROUP

Alzheimer’s and Care Giver Support Group will meet on **Mondays, May 6th and 20th from 2:30 to 3:45p.m.;** Nurse Care Manager: **Janet Grapentine** facilitates this group. **New care givers are always welcome.**



Blood Pressure Check with Terri Visiting Nurse Home & Hospice~ Thursday, May 16th 10:00-11:30 a.m.

Enjoy the Music of Sandy Cook Wednesdays 12:30—3 p.m.



MAY 2024!			
Victor St. Laurent	01	Grover Cleveland	07
Sanford “Sandy” Cook	02	Judith Holmes	08
Debby Dupont	02	Alice Castanho	09
Mathias Camara	02	Rosemarie Oliveira	10
Robert Rousseau	03	Florence Silvia	10
William Stowell	03	Dorothy Petrarca	11
Kathleen Arruda	03	Paul Berube	12
Marion Burt	05	Elaine Geggatt	14
		Monique Boulay	17
		Madeleine Telfeyan	17
		Elizabeth Fernandes	18
		Judy Sanford	20
		Sandra Tabak	23
		Dottie McKee	24
		Robert Macedo	24
		Nancy Regan	25
		Richard Mello	28
		Madeline doCouto	29
		Christopher Pavao	30



