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The Tiverton Senior Center

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FEBRUARY 2024

The Center will be closed on Monday, February 19th in observation of President's Day

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. February's featured topic, **Early American Colonial Painting**, offers a selection of simple, straight-forward paintings by self-taught artists. Learn how to recognize their unique style in the context of this transitional time-period in America's history. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!
Please Join Jill on Thursday, February 1st at 10:15 a.m.



OUR TEAM:

Janet Holmes
Director

Angela DaPonte
Assistant Director

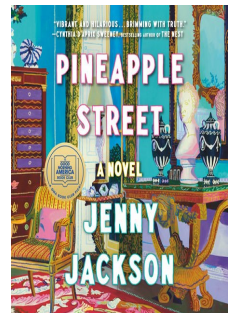
Betsy Sowin
Office Assistant

Paul Anderson
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Nancy Lambert
Dining Assistant

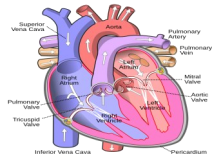
COME JOIN OUR BOOK GROUP: With assistance from the Tiverton Public Library, February's book is: **"Pineapple Street" by Jenny Jackson.** Our next meeting will be on Tuesday, February 20th at 10:15 a.m. New members are welcome at any time. Suggestions on authors & books are gladly accepted.
Large Print Books are available in office.
All are Welcome!



On Thursday, February 8th at 10:00 a.m., URI Pharmaceutical Outreach Program presents:

Coronary Artery Disease (CAD)

CAD occurs when major arteries to the heart become blocked. Learn why this may occur and signs and symptoms that signal its occurrence. Learn steps that you can take to prevent and treat it successfully.



Looking for VOLUNTEERS! We need Meals-on-Wheels subs, BINGO callers and musical entertainers. If you are interested, please stop by the office for details

CENTER MEETING~ Thursday, February 29th at 10:15 a.m.



February 29 is Leap Day! Happening once every four years, we are given an extra day in February. Some think this day brings good luck. Be sure to do something special with this extra day!
May be attend your first Center Meeting!

SPECIAL THANK YOU to all our wonderful volunteers! We truly appreciate all our Meals-on-Wheels delivery drivers; you are vital to many homebound individuals! Thanks to all our knitters, quilters & organizers; your efforts have brought \$10,000 to a worthy charity! & Thanks to all our Center volunteers that help assist staff in keeping the Center running so efficiently. We truly appreciate you all!!

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 1:00 p.m. Class fee is \$3 per class.**
- Paint with Shawndavid Tuesdays 2:15-3:45 pm \$25 for 6-week session**
- Book Club Tuesday, February 20th at 10:15 a.m. : “Pineapple Street” by Jenny Jackson**
- 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, February 29th at 10:15 am**
- Technical Assistance with Kristin, Thursdays 10:00 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; Game Day 1-3pm**



Thursdays @ 1:00 SHARP!
February 1st, 8th, 15th, 22nd, 29th

LEARN MAH JONGG with Ann Marie.
Tuesday Mornings, Starting in April;
sign up in Office. Space is limited



Kristin Amaral, Technology Coordinator from the Tiverton Public Library: Kristin will be available on Thursdays beginning at 10:00 a.m. Kristin can help with your technological needs: cell phone, etc.

CARE GIVER SUPPORT GROUP

Alzheimer’s and Care Giver Support Group will meet on **Mondays, FEBRUARY 12th and 26th** 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 Hilda
 From Visiting Nurse Home & Hospice~
 Thursday, February 15th 10:00-11:30 a.m.

KARAOKE



FRIDAY
FEBRUARY 9th
1-3 p.m.

- Marjory Camara 15
- Janet Holmes 15
- Carol Durkin 16
- Phyllis Burgess 16
- Lynn Raposa 16
- Kenneth McGovern 17
- Linda Kalinoski 17
- Grace Camara 18
- Kathy Banville 20
- Debby Dufresne 22
- Judy Harvey 23
- Gerry Buchanan 24
- Ray Benoit 25
- Peg Curro 26
- Jeanne Travers 26
- Dennis Morris 28
- Leslie Ryan 28

Happy Birthday!

FEBRUARY 2024!

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|----------------------|---------------------|
| Jaqueline Brodeur 01 | Deborah Thompson 08 |
| Gayle Twaddle 01 | Bob Bonoan 09 |
| Dan Movrich 02 | Margaret Kollek 10 |
| Gertrude Reed 03 | Jeanie Mathews 12 |
| Sandra Jannitto 05 | Louis Riquelme 13 |
| Jannine Baranosky 07 | Cynthia Levesque 13 |
| Barbara Medeiros 08 | Shirley Moller 13 |
| Beverly Ferreira 08 | Pauline Lima 14 |
| | Eva Duclos 14 |

