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# The Tiverton Senior Center

207 Canonicus Street  
Tiverton, RI 02878  
Telephone: 401-625-6790  
Fax: 401-625-6793  
Email: [seniorcenter@tiverton.ri.gov](mailto:seniorcenter@tiverton.ri.gov)



## NOVEMBER 2023



Join Jill Sanford on Thursday **November 2nd @ 10:15**  
***Appreciating Animals in Art***

**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, ***Appreciating Animals in Art***, explores the history of Animals as an important source of symbolism in Art—from ancient times to our modern era. Learn about the many ways artists have been inspired to represent animals in paintings, sculpture, and other art forms. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



**The Center will be closed on Monday, November 13th in Observance of Veteran's Day**  
**The Center will also be closed November 23rd and 24th for Thanksgiving**

### OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

Paul Anderson  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants

**COME LEARN MEDICARE BASICS— November 1st at 10:30 a.m.—**  
**Get your Medicare questions answered—**  
**ALSO, REVIEW your MEDICARE Rx/Advantage plan by**  
**calling any of the following numbers:**

**Call: (401) 846-7426 ext. 4 Edward King House**  
**(401) 849-2300 Child Family Services**  
**1-888-884-8721 SHIP Hotline or The Point (401) 462-4444**



**URI Pharmacy Outreach Program: Thursday, November 9th at 10:00 a.m.**  
This month's topic: **DIABETES: A B C's** This prevention is an overview of the importance of maintaining good control of:

- A) A1C**     **B) Blood Pressure**
- C) Cholesterol and how they impact diabetes**



**MCR Chiropractic's Dr. Olson presents: Stress Management**  
**THURSDAY, November 30th at 10:15 a.m.**

Just in time for the Holiday Blues; find helpful ways to reduce your stress levels

## ACTIVITIES AT A GLANCE

**TOPS** – Monday at 9:00 a.m. in Game Room; Learn Ukulele Monday 1-2 p.m.  
**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 \$3.00 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  
**Book Club** Tuesday, November 21st at 10:15 a.m. :”The Other Mrs.”  
**Mahjongg**– Tuesdays and Fridays, 11:00 a.m.—3 p.m  
**Computer Class with Mark**– Wednesday, November 8th at 10:00 a.m.  
**Wednesdays: 12:30-3 p.m. Cribbage (Game Rm) & Live Music (Dining Rm);**  
**Chorus** –Wednesdays at 12:30 in the Lounge ~ Come Join the FUN!  
**Balance & Mobility with Jess**-Thursdays at 9:00 a.m. Class fee is \$3 for members  
**Center Meeting** will be held on Thursday, November 16th at 10:15 am  
**Technical Assistance with Kristin**, Thursdays 10:00 a.m.  
**BINGO**-Thursdays!!! 1:00-3:00 PM November 2,9,16,30  
**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



**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, November 6th and November 27th from 2:30 to 3:45p.m.;** Nurse Care Manager: **Janet Grapentine** facilitates this group. **New care givers are always welcome.**



**LIVE MUSIC every Wednesday 12:30-3:00 p.m.**  
Come Two-Step along with the fabulous tunes!



**COMPUTER CLASS with Mark Rudd**  
**LEARN HOW TO BE A SMART SHOPPER .** Mark Rudd will provide instruction on how to be a smart shopper for both hard-ware and soft-ware markets. Class also show-cases free resources that are available to the public. Class is Wed. **November 8th from 10 a.m. to 11:30 a.m. on .**  
Call 625-6790 to reserve your seat

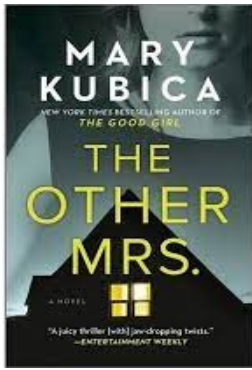
### Halloween KARAOKE!

**Come Join Rick on Monday October 30th from 12:30-3 p.m.**  
~ Wear a Costume-Join the fun!!



Paul continues to bring Tiverton seniors and folks with disabilities to either our Center or shopping on Tuesdays, Wednesdays & Thursdays. Please call **625-6790** to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person. **Remember: Paul is the Boss of the Bus!!**

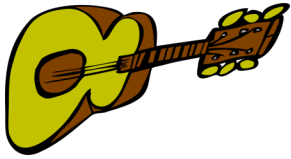




**COME JOIN OUR BOOK GROUP:**  
 With assistance from the Tiverton Public Library,  
 Presents **November's Book: Mary Kubica's**  
**"The Other Mrs."**  
**Tuesday, November 21st at 10:15 a.m.**  
**New members are welcome at any time.**  
**Suggestions on authors & books**  
**are gladly accepted. Large Prints Available**

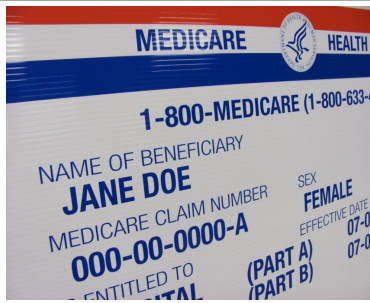


November 2nd, 9th, 16th and 30th



**NEVER TOO OLD to Learn**  
**Something New! Learn**  
**the Ukulele with Otis—**  
**six week sessions for only**  
**\$20. New sessions begin-**  
**ning MONDAYS, November 6th & January**  
**22nd ~ SIGN UP in the OFFICE**

**YOU CAN BE AN ARTIST!!!**  
**ART with SHAWNDAVID—6 week**  
**session on Tuesday afternoons; only \$25;**  
**new session begin on November 7th**  
**SIGN UP IN THE OFFICE**



**OPEN ENROLLMENT**  
 for Medicare Begins  
 October 15th  
 Call 401-462-4444  
 to schedule an  
 appointment & review  
 your medical plans



# Happy Birthday!

## NOVEMBER 2023!

Sandra Cahoon	04	Joan Robinson	18
Geri Moniz	04	Paul Delpape	19
Gilbert Rebello	06	Bill Cruz	19
Linda Greenman	03	Carolyn Carvalho	20
Carmen Riquelme	06	Helen Gaughan	25
Carol Solimene	08	Ann Fitzpatrick	25
Nancy Tavares	09	Eileen Zera	26
Yvonne Velez	10	Wayne Cahoon	28
Starr Medeiros	11	Patricia Bingle	29
Yvette Berube	11		
Maureen Magnuson	15		
Janice Gomes	16		
Sharon Neal	17		



## Paint with Kristen

Friday, November 10th at  
 1:00 p.m.~ Come create  
 your own masterpiece with  
 step-by-step directions with  
 Kristen— Only \$15 per per-  
 son. All materials included.  
**Sign up in office & vote**  
**for your favorite!**



Our next **CENTER MEETING** will be on Thursday, November 16th @ 10:15

