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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)



## MAY 2023

**The Center will be closed Monday, May 29th in observation of Memorial Day~** “America without her soldiers would be like God without His angels.” – Claudia Pemberton

### HEALTH FAIR ~ Friday May 19th ~10 a.m. to 2 p.m.

Please join us for a day filled with information about our health and well-being. Vendors/representatives from White Cross Pharmacy; Cedar Dell; ATEL; Senior Financial & Insurance Services; Preferred Health Core Services; Home Healthsmith; Oakley Home Access; AARP Driver Safety; Home Mobility Pros; Pappas OPT Physical, Sports & Hand Therapy; Blue Cross Blue Shield of RI; RI Office of Healthy Aging; EBCAP; Visiting Nurse Home & Hospice; East Coast Capital; RI Legal Services/Elder Protection Unit; Thrive Medical Fitness, Inc; TOPs; Waring-Sullivan Funeral Home/Dignity Memorial; Prosper & more will be here! Raffles! Shuttle Bus will be in use! Please park at Holy Ghost Church & use bus service

#### OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

Chris Perry  
Bus Driver

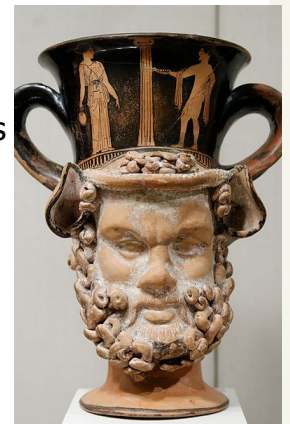
Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants

#### Thursday, May 4th at 10:15 a.m.: ART for Your Mind

May's featured topic: *The Art of Ancient Greece*

**Art For Your Mind** is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds – artists and non-artists alike. This month's topic, **The Art of Ancient Greece**, is an overview of the amazing innovations in Ancient Greek architecture, pottery, and sculpture—which forever changed the world of art. Focusing on Greece's famous Classical Period, we'll make surprising connections with ancient Rome as well as our own modern culture



#### Ask-A-Lawyer

May is “Older Americans Month”. In celebration, The Rhode Island Bar Association will be hosting an “ASK-A-LAWYER” session on Friday, May 26th from 1:00 to 3:00 p.m. Visiting volunteer attorney, Kermin Liu, will give a brief presentation followed by a question and answer period with a focus on Elder Law

## ACTIVITIES AT A GLANCE

TOPS – Monday at 9:00 a.m. in Game Room  
Exercise with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:00 a.m. \$3  
Quilting for Charity meets every Monday at 10:00-3:00 p.m.  
Pitch League- Hi, Lo, Jack meets Mondays at 12:30 p.m.  
Learn Ukulele with Otis Read\* Mondays at 1:00 \$20 per session\*  
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.  
Book Club Tuesday, May 16th at 10:15 a.m. Matt Haig's *The Midnight Library*  
Mahjongg– Tuesdays and Fridays, beginning 11:00 a.m.  
Art Class with Shawndavid Berry Tuesdays at 2:15 p.m. \$20 per session\*  
Wednesdays: 12-3 Live Music;/Dining Rm 12:30 Cribbage/Game Rm& Chorus/Lounge  
Balance Class with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members  
Art For Your Mind-Thursday, May 4th at 10:15 a.m. *The Art of Ancient Greece*  
Center Meeting will be held on Thursday May 25th at 10 a.m.  
BINGO-Thursdays!!! Starts at 1:00 PM Sharp! May 4, 11, 18, 25  
Knitters for Charity-Thursdays at 1:00 p.m  
Zumba with Jessica—Fridays at 8:45 a.m. Fee is \$3.00 per class  
Game Day– Fridays 12:00-3:00 p.m.

\*More information available in office



**GAME DAY~ Fridays 12-3 p.m.**



## CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet in the Lounge on  
**Mondays May 8th & 22nd from 2:30 to 3:45p.m.:**

**Janet Grapentine facilitates this group.**  
**New care givers are welcome.**



**KARAOKE~** Join Rick Arruda and the Very Brave  
for an afternoon of singing, socializing & dancing~  
(Special Day) **FRIDAY, May 12th** from 1– 3 p.m.  
**FUN for Everyone!!**

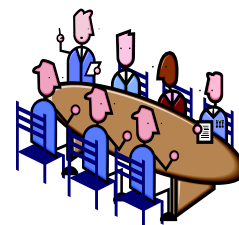
**BINGO 1:00 PM SHARP!**

**Thursdays!**  
**MAY 4th, 11th, 18th and 25th**



## CENTER MEETING –THURSDAY, May 25th 10:00 A.M.

The purpose of this meeting is to discuss our financial status, the condition of the building and grounds, fund raising, activities, special events, and classes or activities that you would like to see at the Center. The Senior Center needs **YOU** to keep it moving along with fresh, new ideas and new members who actively participate. We need to keep our Center membership and our meal-site participant numbers growing.. The success of our Senior Center depends upon everyone's involvement. Please join us at our monthly meeting & lend your support and ideas.

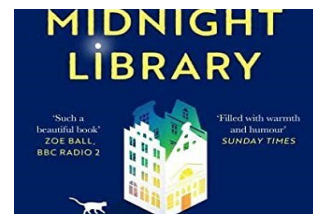


**Our Bus Driver, Chris Perry** provides bus service for Tiverton seniors on Tuesdays, Wednesdays and Thursdays. (Later start on Thursdays for folks to attend BINGO). Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four bags per person.

**BOOK GROUP** We will meet on **Tuesday, May 16th at 10:15 a.m.**

**May's selection is: "The Midnight Library" by Matt Haig.** If you are interested in joining us, please feel free to attend on the above date at the Senior Center. New members are welcome at any time.

Suggestions on authors and books are gladly accepted.



**URI Pharmaceutical Outreach Program: ALLERGIES**

**Thursday May 11th at 10:00 a.m.**

Allergies are a very common condition. Learn what causes seasonal and year round allergies and how they adversely affect our health. Appropriate treatments such as avoidance and prescription and over-the-counter products will be discussed. There is hope for allergy sufferers!

**COMPUTER SOFTWARE EXPO with Mark Rudd**

Mark Rudd is running a Computer Software Expo, showcasing software packages such as Applications and Operating Systems. This Expo is from **10 a.m. to 11:30 a.m.** on **Wed, May 10th** Since software is more abstract than hardware, reference folders will be offered for \$1 each. **Call 625-6790** to reserve your seat.



**Come share your talent every Wednesday afternoon between 12 noon and 3 p.m.! Live Band!! Come and Jam with the band!!**



**Happy Birthday**

- Sanford Cook 02
- Debby Dupont 02
- Robert Rousseau 03
- William Stowell 03
- Marion Burt 05
- Grover Cleveland 07
- Judith Holmes 08
- Alice Castanho 09
- Rosemarie Oliveira 10
- Florence Silva 10
- Dorothy Petrarca 11
- Paul Berube 12
- Elaine Geggatt 14
- Monique Boulay 17
- Judy Sanford 20
- Sandra Tabak 23
- Patricia Lavoie 23

- Dottie McKee 24
- Robert Macedo 24
- Nancy Regan 25
- Barbara DiSauro 26
- Richard Mello 28
- Madeline doCouto 29



**JOIN A CLASS--**  
New sessions beginning soon

**Learn Ukulele or Paint!!!**

**Sign up & learn more in office**



02/14/2018