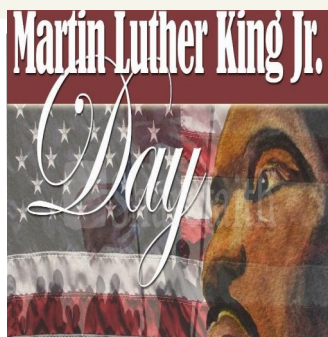


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## The Tiverton Senior Center

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

### JANUARY 2023



The Center will be closed on Monday, January 2nd and Monday, January 16th

**Nurse Terri Gomes from Visiting Nurse –Home & Hospice will be doing Free Blood Pressure Screenings on Thursday, January 19th from 10:00a.m. to 11:30 a.m. Please wear a mask.**



**URI Pharmaceutical Outreach Program: Thursday January 12th at 10 a.m.**

This month's topic is: **Home Medical Tests**



There are more home medical tests than ever before! Such as: Cholesterol, heart disease, thyroid, stress, diabetes and allergies- to name just a few. Learn the benefits & reliability of these tests and their place to disease management.

### OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Patty Lavoie  
Office Assistant

Ray Benoit  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Michele Blanchette  
Nancy Lambert  
Dining Assistants

### Art for Your Mind: Appreciating Sculpture

Join Jill on Thursday, January 5th at 10:15 a.m. for *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 Sculpture*, offers an opportunity to experience the art medium of sculpture more fully. From ancient masterpieces to modern creations, increase your understanding of the choices artists make as they give physical form to the elements of design. lenging yourself to see in new ways!



### Computer Tutorials with Mark Rudd

Mark Rudd will provide computer instruction for those who are interested in learning or improving computer skills. Tutorials will be offered from **10 to 11:30 AM on Wednesday, January 11th** Please call 625-6790 to register and indicate what you would like to learn.



## 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.**

**Chair Yoga with Shirley—Tuesday's at 9 a.m. Class fee is \$3.00 per class.**

**Drums with Jessica-Tuesdays at 1:00 p.m. Class fee is \$3 per class.**

**Book Club Tuesday, January 17 at 10:15 a.m. "A Good Neighborhood"**

**Mahjongg– Tuesdays and Fridays, beginning 11:30 a.m.**

**Wednesdays: 12:30 Cribbage & JamBalaya Jammers/Dining Rm & Chorus/Lounge**

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

**Art For Your Mind-Thursday, January 5th at 10:15 a.m. *Appreciating Sculpture***

**Center Meetings** will be held on **Thursday January 26th at 10 a.m.**

**FREE Wellness Check with Nurse Terry-Thursday, January 19 10:30-11:30 a.m.**

**BINGO-Thursdays!!! Starts at 1:00 PM Sharp! January 5,12,19,26**

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

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

**Mark Rudd's  
Computer  
Tutorial**

**Wednesday  
January 11th at  
10 AM**

Members pay \$3 for classes. Non-  
members pay \$6 for classes.  
Become a member for \$5 a year  
and save money!!



**COME JOIN OUR CHORUS!!!!**  
**Wednesdays at 12:30 in Lounge**

### CARE GIVER SUPPORT GROUP

Alzheimer's and Care Giver Support Group will meet on **Mondays January 9th and January 23rd** from 2:30 to 3:45p.m.; Nurse Care Manager:

**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~  
**Monday, January 30th** from 1– 3 p.m.

**FUN for Everyone!!**

**BINGO 1:00 PM  
SHARP!**

**Thursdays!**

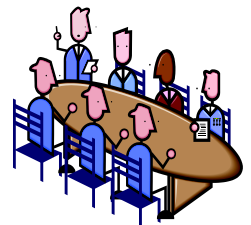
January 5th, 12th,  
19th and 26th



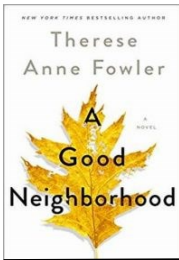
### CENTER MEETING –THURSDAY, January 26th at 10:00 A.M.

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.



Ray continues to bring Tiverton seniors and folks with disability to either the Center or shopping on Tuesdays & Wednesdays. Please call 401-625-6790 to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person.



**BOOK GROUP** We will meet on **Tuesday, January 17th at 10:15 a.m.**  
**January's selection is: "A Good Neighborhood" by Therese Anne Fowler.** 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. . **All are Welcome!**

Dear Friends, Thanks you all so much for all your support and extra work while I was recuperating from foot surgery. Your cards and well-wishes brightened my days. I am so happy to be back & am hoping the new year will bring good health, prosperity and happiness to all! ~Janet



**Come Enjoy LIVE MUSIC every Wednesday at 12:30;**  
 Rock along with the sweet sounds of the **JamBalaya Jammers**



**PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP!**

### JANUARY 2023!!!

Kathy Majkut	01	Eileen Cook	16	Nancy Lambert	29
Germaine Freitas	01	Robert Vieira	16	Peachy Ouellette	30
Joan Lord	01	Lucy Mendoza	17	Gerry Vadeboncoeur	30
Lorraine St. Laurent	01	Mary Vieira	19	Julie Mosher	31
Yahoko Paradise	02	Joan Chabot	20		
Rosalie Burton	02	Nancy Harrison	21		
Clarence Toth	03	Paula Rodgers	21		
Eleanor Manchester	07	Dorothy Pennachi	21		
Beverly Santo-Christo	07	Tina Robitaille	25		
Kathi Barry	07	Eleanor Mercier	26		
Paula Charette	09	Priscilla Rapoza	26		
Joan Honeycutt	11	Gerry Garant	27		
Cheryl Ventura	12	Raymond Cabral	28		
Judy Crawford	13	Maureen Rawson	28		
Rita Segel	13	Deborah Schoonover	29		
Frances Frank	15				



**Happy Birthday**

