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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

March 2020



Check out our new website: tivertonseniors.org

FREE TAXES at the **TIVERTON LIBRARY**

Wednesdays & Thursdays 10 - 1 on a first come basis

Spring into Wellness-3rd Annual Health Fair

On **Friday, March 20th**, we will be holding our **3rd Annual Wellness Fair**. Presenters and Vendors from throughout Rhode Island and Massachusetts will be available. Blue Cross of Rhode Island, Visiting Nurse Home & Hospice, Alzheimer's Disease & Memory Disorders, St. Elizabeth Community, RI Special Needs Emergency Registry, Next Monitoring Alert Systems & many more! **Lunch** will be provided and there will be **raffle items** from each vendor. Come visit the Center between **10 a.m. and 2 p.m.** to learn more! Bus shuttle will be provided with parking at Holy Ghost Church.



Meet the Chief

Chief Patrick Jones & Friends
will be joining us on

Friday, March 13th at 10:00.



A Caregiver's Support Group ..sponsored by Child & Family Elder Care

Regular meetings will be held on the 2nd and 4th Monday's of every month at 2:15p.m. at the Senior Center. The facilitator will be Janet Grapentine, RN. This will be an opportunity to share with others, learn from others, enhance coping skills, develop informal supports and social relationships. For more information, please call Janet Grapentine at **848-4119** or e-mail her with your questions at jgrapentine@childandfamilyri.com.

Meeting dates for this month are **March 9th and 23rd**. This is free and open to the public.

Janet Holmes
Director

Rosalie Burton
Assistant Director

Patty Lavoie
Office Assistant

Ray Benoit
Bus Driver

Manny Fontes &
Phil Ferreira
Maintenance

Michele Blanchette
Meal Site Assist

Mary Fisher
Arts & Crafts

ACTIVITIES AT A GLANCE

Quilting for Charity meets every Monday at 9 a.m.

Exercise with Deb—Monday, Wednesday, Friday-at 9 a.m. Fee is \$3.00 per class.

Chair Yoga with Shirley Pryor—Monday's at 1:00. Class fee is \$3.00 per class.

Drums Alive! Mondays at 2:30 p.m. And Thursdays at 9:00 a.m. \$3.00 per class

Zumba with Jessica—Tuesdays at 9 a.m. And Wednesdays at 12:30 p.m. Fee is \$3.00 per class

Computer Tutorial—with Mark Rudd –Tuesday March 10th from 1 to 3

Tiverton Library Services sponsored Book Club. Tuesday, March 10th at 10:15 a.m.

Watercolor Class, instructor Madeleine Diogenes, every Tuesday at 1 p.m. Class fee is \$3.00.

Chorus, with director, Starr Medeiros meets every Wednesday at 12:30. Fee is \$3.00

TOPS (Take Off Pounds Sensibly) every Thursday. Weigh in begins at 9:00.

Knitting for Charity meets every Thursday at 1 p.m.

Center Meeting will be held on Thursday, March 26 at 10:15

Nurse - Blood Pressure Clinic— 3rd Thursday of month. Thursday, March 19 at 10:30.

Birthdays for the month are celebrated on the third Thursday of the month: March 19th

ALL CLASS FEES ARE DOUBLE FOR NON-MEMBERS



SENIOR HEALTH INSURANCE PROGRAM (401)-644-3317

Do you need help with your health insurance, drug plan or medical bills? Are you thinking about retiring and need information on Medicare, Supplement Plans, and/or Medicare Advantage Plans? Are you having difficulty buying food or making ends meet? If you are, or if you just have questions—Donna Macomber will be at the Senior Center every Tuesday from 9 to 12 to help.

Volunteers are able to help with Medicare, educate you so that you can choose between a Supplement plan and a Medicare Advantage plan and know the difference between the two. Don't know which drug plan to choose? We can help you choose one that best fits your specific needs. We can help with RIPAE and SNAP applications. We can also address any other problems you may need assistance with. Appointments are necessary. Please call Donna Macomber at **401-644-3317** to schedule your appointment.

BINGO dates for the month promptly at 1:00 p.m.:

Friday, March 6th

Friday, March 13th

Friday, March 27th



Mahjongg players meet every Friday at 11:30. They are always

looking for new players to join them. Have you thought about playing? Don't know if you can do it? Why not join the group and give it a try. Call for more information or just drop in on a Friday.

CENTER MEETING for the month of March will be held on Thursday, March 26th at 10:15

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 and lend your support and ideas.

Happy



Everyone's Irish
On March 17th.

*St. Patrick's
Day*



**FRIEND US
ON
FACEBOOK!!**



Union Public Library ~ 200 Years!

Come Join the Celebration on **March 24th** at Amicable Church, 3736 Main Road at the:

200th Anniversary Celebration Tea

Guest Speaker is Janet Taylor Lisle

Program begins at 2 p.m.

Seating is limited-RSVP by March 10th

Call 624-7830 or

email: upla1820@gmail.com

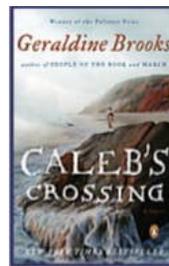
Donations always appreciated



Let's get a bus load together-sign up in the office!

The color of St. Patrick's Day was originally blue.

Wearing green has become a staple of St. Patrick's Day, but the holiday was originally associated with the color blue. It's thought that the shift to green happened because of Ireland's nickname "The Emerald Isle," the green in the Irish flag and the shamrock, or clover. Green ribbons and shamrocks were worn as early as the 17th century.



TIVERTON LIBRARY BOOK CLUB

facilitated by Librarian Maureen

Iwanski, is **TUESDAY,**

MARCH 10th at 10:15 a.m.

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.

We usually meet on the 2nd

Tuesday of the month. The book we will be discussing on the above date is

"Caleb's Crossing" by **Geraldine Brooks**

Books are available in the office.



Happy Birthday

To our 2020 Members

Phil Ferreira	01
Evelyn Noone	01
Shirley Fernandes	01
Holly Phillips	01
Ann-Marie Cross	03
Alice Belcher	03
John Nery	04
Nancy Costa	04
Kathleen Rioux	04
David Silva	04
Stanley Zeramy	04
Carol Parsons	05
Sarita Pimentel	06
Evelyn Barboza	07
Ruth Medeiros	07
Donna Bourgeois	07
Debra Mello	07
David Rose	08
Russel Wordell	08
Dot Costa	08
Ana Torres	10
Elizabeth Demetrius	12
Elenor Emond	14
Nancy Snow	15
Judith Zeramy	16
Dorothy Cyr	16
Rebecca Marques	16
Patrick Aubin	17
Gloria Nellen	17
Janet Rancourt	18
Janice Goyette	20
Salma Jabbour	20
Maria Souza	21
Anne Griffin	22
Glenda Sakala	22
Paulette Gagnon	22
Mary Simpson	22
Linda Mcallister	23
Norma Pettay	23
Ellen Birnbalm	24
Jan Padula	24
Kenneth Simpson	24
Carole Siembab	25
Susan Viveiros	25
James Correia	27
Joan Figueredo	27
Amos Lamora	27
Victor Rose	27
Natalie Mello	27
Phyllis Rego	28
Lucille Rissler	28
William Medeiros	28
John Cross	29
Sharon Rouse	29
Lynne Leco	29
Linda Mcallister	30
Betsy Jackson	30
Donald Braga	30
Dolores Mauro	30
Beverly Medeiros	30
Lily Carter	31
Jeannette Goyette	31

Do you play "Hand & Foot"? It's a fun card game. Come PLAY and/or LEARN on TUESDAY afternoon beginning at 12:30 p.m.

Looking for Cribbage Players!

Come to the Tiverton Senior Center on

Friday at 1:00 p.m. Happy to teach or help

you to remember the rules. Friendly Group

looking for new members. **Let's Play!!!**

Scrabble-Tuesdays at 12:30



Looking for a **Meals-On-Wheels** Volunteer

Perhaps you'd like to help.

Please see Rosalie in the Office



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 **1 to 3 p.m. on Tuesday, March 10TH.**

Please call 625-6790 to register and indicate what

you wish to learn. For example, would you like to

operate a Windows 10 device? Or would you like

help with a phone such as an Android by Samsung?

Instruction on computer security is also available.



Memory Café— Monday, March 16th at 1:00 p.m.

A Memory Café is a wonderfully welcoming place for individuals with any type of

dementia, memory loss or other brain disorders and their loving care givers. Come have

some fun, meet others, who may be experiencing similar, and, learn something new.

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207 Canonicus Street
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Check out our new website:

Tivertonseniors.org

FOR YOUR INFORMATION...

The Tiverton Senior Center bus is for any Tiverton resident who is 55 or older or handi-capped. It is a free service that is provided by the town. Our bus follows the following schedule:

Tuesday: South Coast Marketplace area which includes: Santander Bank, Market Basket, Staples, Dollar Zone, Five Below and Stop and Shop.

Wednesday: Walmart, Seabra and Ocean State Job Lot in Fall River; the bus will also include the Rite Aid, CVS, Bank Newport and Tiverton Post Office.

On **Friday**, March 20th our bus will be shuttling to and from our Center to Holy Ghost Church during our **3rd Annual Health Fair~ *Spring Into Wellness***

Reservations are necessary. **Please call 625-6790** to reserve your seat. Our bus service is for the Tiverton community. **We do not individualize our bus trips.**

Brookdale Presents:

Mediterranean Diet:

Know the Facts

Tuesday, March 3rd at 10:00

Will be presented by Sarah Konecnik.

*Legend says that each leaf of the
clover has a meaning:
Hope, Faith, Love and Luck.*



Scrabble, Tuesdays @ 12:30

Come Join our Group!



SPRING AHEAD!

Day Light Savings Time Begins: March 8th



TSC Knitting & Quilting Volunteers

have their work on display in the glass case in the entry way.

Please feel free to drop by and see the lovely hand work our volunteers create.

New volunteers and their talents and creativity are always welcome.

Quilters meet on Mondays from 9 a.m. to 3 p.m. and Knitters meet every Thursday from 1 to 3.

