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The Tiverton Senior Center

207 Canonicus Street
Tiverton, RI 02878
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Fax: 401-625-6793
Email: seniorcenter@tiverton.ri.gov



October 2016



The Tiverton Senior Center will be closed on Friday, November 11 in observance of Veterans' Day.

Please take a moment on this day to remember all that our Veterans have done for us and our country.

The Senior Center will also be closed on Thursday and Friday, November 24 & 25 in observance of the Thanksgiving Holiday

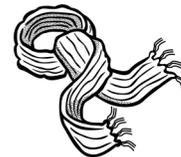
The Tiverton High School Choir under the direction of Michael Daniels will be at the Senior Center to perform on Tuesday, November 1 at 10:30. These teenagers put a lot of hard work and dedication into practicing the songs so let's have a good audience turnout to let them know how much we appreciate and care about what they do.

Medicare and United Healthcare Informational Program

Nicholas Pacheco, a licensed sales representative, will be here on Wednesday, November 2 at 10:15 with updates on Medicare and United Healthcare Plans. Medicare Complete Plans will be discussed as well as United Health Care Supplemental plans.

If you are new to Medicare, planning on retiring in the near future, or are thinking about changing your plan, you should be prepared to make an informed decision about your health care coverage. This program is designed to inform and educate you on health insurance choices. **Please join us. This program is free and open to the public.**

The Knitting and Quilting Volunteers will hold their annual Knitting and Quilting Sale at Brookdale, Sakonnet Bay, 1215 Main Road, Tiverton will be held on Saturday and Sunday, November 5 & 6 from 9 to 3 each day. Items for sale are adult and children's sweaters, hats, scarves, mittens, afghans, quilts, slippers and many other numerous items.



All items are hand made by our volunteers.

Proceeds from this sale benefit **Star Kids Scholarship Program.**

Janice Gomes
Director

Rosalie Burton
Assistant

Office Clerk
Patty Lavoie

Pat Walker,
Joe Dobrott
SHIP Counselors

Manuel Fontes
Phillip Ferreira
Maintenance

URI School of Pharmacy Outreach Program

URI School of Pharmacy Outreach Program students will be here on Thursday, November 10 with their "**Safe Internet Pharmacy Navigation**" program. With the cost of some drugs sky-rocketing it is important to know how and where to find safe internet sites.

Learn how to safely navigate the internet in order to purchase medications and how to identify a legitimate on-line pharmacy that exercises competent pharmacy practice. We will discuss new apps for your phone to help assist with medication management.

This program is free and open the public.

ACTIVITIES AT A GLANCE

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

Tiverton Library Services sponsored Book Club “Words for Wisdom” Tuesday, November 15 at 10 a.m.

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

Chair Yoga with Kate Ward—Monday’s at 1:30. Class fee is \$3.00 per person.

Watercolor Class with instructor Madeleine Diogenes - Tuesday at 1 p.m. Fee is \$3.00

Chorus under the direction of Starr Medeiros - Wednesday at 12:30. Class fee is \$3.00 per person

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, November 17 at 10:30**

Nurse— 3rd Thursday of month. **Thursday, November 17 at 10:30.**

Birthdays for the month are celebrated on the third Thursday.

Care Givers Support Group sponsored by Child & Family Services—2nd and 4th Mondays from 3 to 4 p.m.

OPEN ENROLLMENT DAY—FRIDAY, NOVEMBER 18, 9 TO 3. BY APPOINTMENT ONLY.

ALL CLASS FEES ARE DOUBLE FOR NON-MEMBERS

SENIOR HEALTH INSURANCE PROGRAM

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—Pat Walker 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 the Senior Center at 625-6790 to schedule your appointment.

BINGO dates for the month of November are:

Friday, November 4

Friday, November 18



Mahjong 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 will be held on Thursday, November 17 at 10:30. 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.



Chair Yoga with Kate Ward. Please join us on Monday afternoons at 1:30. The fee is \$3.00 for members and \$6.00 for non-members. Chair Yoga is a gentle form of yoga in which the chair becomes your mat. All poses are done sitting in a chair or standing using a chair for support. You will be guided through various yoga poses with modifications to improve your flexibility, mobility, strength, stamina and balance. Classes also include breath work and guided meditation to help you relax, rejuvenate, and restore. Kate is a certified Hatha and Restorative yoga teacher.

Thanksgiving Dinner, Thursday, November 24 hosted by your friends and neighbors. Delivery available for those who are unable to leave the house.

St. Theresa's parish hall
265 Stafford Road, Tiverton, RI
RSVP by Friday, November 18th
To 401-714-6843

Guests are welcome to arrive at 11:30 a.m. at St. Theresa's parish hall. Dinner will be served at 12 noon.

TIVERTON LIBRARY SERVICES

presents "Words for Wisdom" a book club hosted by Tiverton Library Services, Adult Services/Reference Librarian Prudence Fallon. We will meet on **Tuesday, November 15 at 10 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 meet on the 3rd Tuesday of the month. The book we will be discussing on the above date is "The Secret Life of Marilyn Monroe" by author J. Randy Taraborrelli. Opinions about the book will be shared at our next meeting.



Happy
 Birthday

Mike Berube	02
Bill Vieira	02
Sandra Cahoon	04
Michael Papademetriou	06
Natalie Alves	07
Frank Silva	07
Judith LePage	09
Judy Bento	10
Christine Chicca	10
Therese Silvia	11
Starr Medeiros	11
Nora Stark	12
Rosemary Perry	13
Janet Frederick	13
Janet Valliere	14
Carolyn Wieman	15
Susan Peckham	15
Judy Medeiros	15
Lee Silvia	16
Dennis Smith	16
Guess Who	16
Paul DelPape	19
Alice Perry	21
Linda Camara	21
Raymond Rocha	22
Connie Caron	23
Barbara Donnelly	24
Helen Gaughan	25
Alice Camara	25
Steven Jordan	25
Joyce Bruneau	27
Carol Fortier	29
Marianna Picket	29
Amelia Medeiros	30

Open Enrollment for Medicare ends on December 7

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. October 15 to December 7 is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

People in a Medicare health or prescription drug plan should always review the materials their plans send them, like the "Evidence of Coverage" (EOC) and "Annual Notice of Change" (ANOC). If their plans are changing, they should make sure their plans will still meet their needs for the following year. If they're satisfied that their current plans will meet their needs for next year and it's still being offered, they don't need to do anything.

Drug plan coverage and premiums change every year. Make sure your drugs are covered at an affordable price and that the premium has not increased to an unreasonable rate. All plans should be reviewed every year. Please make your appointments with our SHIP counselors on Tuesdays or on our **Open Enrollment day scheduled for Friday, November 18 from 9 to 3. Please remember to bring your Medicare Card and a current list of your drugs with the dosage of each or all of your drugs in their original containers with you to your appointment. Without your Medicare Card and drug list, we cannot help you.**

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

Regular meetings are held on the 2nd and 4th Monday's of every month at 3 p.m. at the Senior Center. The facilitator is 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 at 848-4119 or e-mail her with your questions at jgrapentine@childandfamilyri.com.

Meeting dates for this month are Monday November 14 and November 28. This is free and open to the public. If you have a loved one, family member, friend, or a client you are caring for please feel free to join us.



CHRISTMAS DECORATING PARTY...

We will hold our annual Christmas decorating party on Wednesday, November 30. Breakfast, **for those who sign up to volunteer**, will be served at 9 a.m. and decorating will commence when we are finished. Decorating will continue throughout the day until we finish.

If you are interested in volunteering your time to help us decorate, please sign up in the office.



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This newsletter is "Funded in part by the United States Administration on Aging and state funds through the RI Division of Elderly Affairs."

FOR YOUR INFORMATION...



The Tiverton Senior Center bus is for any Tiverton resident who is 55 or older or handicapped. It is a free service that is provided by the town. Our bus goes out on a regular basis to the following locations:

Tuesday: Harbour Mall area shopping, also includes Super Walmart and Price Rite

Wednesday: Tiverton shopping includes, Rite Aid, CVS, Bank Newport, US Post Office and Seabra in Fall River

Friday: The second Friday we offer a bus trip to the Dartmouth Mall area

On all days you may be dropped at the Senior Center either before or after shopping.

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

TSC Knitting & Quilting Volunteers have their work on display in the glass case in the rear corner of the dining room. 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 to join this group. They meet every Thursday from 1 to 3 p.m.

