Ansel Adams’ Artistry,
Join Jill Sanford on Thursday March 3rd at 10:15 a.m. This month’s featured topic, Ansel Adams’ Artistry, offers an opportunity to admire and interpret the intriguing photographs of Ansel Adams, offering a renewed respect for his unique and visionary use of photography as an art form. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

Special Surprise Musical Guest: Kenny Marrocco!!!
It’s been over two years since we’ve heard the sweet, crooner sounds of Kenny!! Please join us on Friday, March 4th from 12:30 to 3:30 for this long, awaited event!
Welcome Back, Kenny!
We’ve missed YOU!

Ceramics Class
Join us for Ceramics Class with Pagano Creations on Monday, March 7th from 1—3 p.m. $20 per person

Introducing: KARAOKE
Come Join in the fun on Monday, March 21st from 12:30-3:30 ~ Hundreds of songs to choose from!
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 10:15 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 & Fridays at 1:30 p.m. Class fee is $3 per class.
Tiverton Library Services sponsored Book Club Tuesday, March 15th at 10:15 a.m.
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, March 3rd at 10:15 a.m. Ansel Adams’ Artistry,
Center Meetings will be held on Thursday March 24th at 10 a.m.
FREE Wellness Check with Nurse Terry-Thursday, March 17th 10:00-11:30
BINGO-Thursdays!!! Starts at 1:00 PM Sharp! February 3,10,17,24
Knitters for Charity-Thursdays at 1:00 p.m.
Zumba with Jessica—Fridays at 9 a.m. Fee is $3.00 per class

SHIP~ SENIOR HEALTH INSURANCE PROGRAM
SHIP counselor will meet with folks weekly by appointment
to assist with health insurance/Medicare needs. Call Donna Macomber at 401-644-3317 or e-mail: pmpsc@outlook.com to schedule your appointment.

CARE GIVER SUPPORT GROUP
Alzheimer’s and Care Giver Support Group will meet on Monday, March 14th and Monday, March 28th from 2:30 to 3:45p.m.; Nurse Care Manager:
Janet Grapentine facilitates this group.
New care givers are welcome.

CENTER MEETING for the month of March will be on Thursday, MARCH 24th 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. Remember: Ray is the Boss of the Bus!!
**TIVERTON LIBRARY SERVICES** presents “Words for Wisdom” a Book Group hosted by Tiverton Library’s Maureen Iwanski. This month’s book is “The Dry” by Jane Harper. We will meet on Tuesday, March 15th 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. Large Print Books are available in office. All are Welcome!

**LIVE MUSIC** every Wednesday at 12:30 p.m.

Come Enjoy the sweet sounds of the JamBalaya Jammers, now in their permanent time and day—The dance floor is calling YOU!!!

---

**Introducing KARAOKE~** Monday, March 21st beginning at 12:30-3:30

**MARCH 2022:**

- Phil Ferreira  01
- Shirley Fernandes  01
- Evelyn Noone  01
- Holly Phillips  01
- Alice Belcher  03
- Ann-Marie Cross  03
- George Devine  03
- David Silvia  04
- Virginia Plunkett  04
- Carol Parsons  05
- Evelyn Barboza  07
- Ruth Medeiros  07
- Donna Bourgeois  07
- Debra Mello  07
- Russell Wordell  08
- David Rose  08
- Dorothy “Dot” Costa  08
- Phyllis Rego  08
- Hadel Trazel  08
- Terri Messier  08
- Ann Marie Couture  09
- Janet Rancourt  18
- Glenda Sakala  22
- Anne Griffin  22
- Mary Simpson  22
- Norma Pettey  23
- Linda McAllister  23
- Jan Padula  24
- Ellen Birnbaum  24
- Janice Bolduc  26
- Phyllis Rego  28
- Joseph Pavao Jr.  28
- Lynne Leco  29
- Lily Carter  31
- Vicky Neville  31

---

**Happy Birthday**
URI Pharmaceutical Outreach Program: Thursday March 10th at 10 a.m.

This month’s topic is: *Sciatica*.

Experiencing pain that radiates from your lower back, to your buttock and down the back of your leg? Chances are that is Sciatica, a painful condition with various causes and treatments. Learn about treatment options and most importantly how you can make healthy lifestyle changes to prevent Sciatica from occurring.

Nurse Terri Gomes from Visiting Nurse –Home & Hospice will be doing **Free Blood Pressure Screenings** on Thursday, March 17th from 10:00 a.m. to 11:30 a.m.

---

**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, March 16th**

Please call 625-6790 to register and indicate what you would like to learn.

---

**Irish Tunes**

Please join us on **Monday, March 14th** for a special concert from the Island Senior Chorus~

featuring **Irish Tunes!!**

Come celebrate St. Patrick’s Day with some Celtic Music!

1:00 to 2:00 p.m.