

Westerly Senior Citizens Center

September 2024



39 STATE STREET, WESTERLY, RI 02891
OFFICE PHONE: (401) 596-2404 / FAX (401) 596-4991
MEAL SITE/TRANSPORTATION: (401) 596-7216
WWW.WESTERLYSENIORCENTER.ORG
MONDAY - FRIDAY 8:30am - 4:30pm



**Please Return Summer Raffle Tickets
By September 6th. Drawing is on the 8th.**

**Still time to return
September Calendar Club Tickets
A chance to win everyday in September**

Please save the dates:

**Meat Loaf Dinner
November 2nd**



**Craft Sale
November 23, 2024**

**Autumnfest / Penny Social / Breakfast
October 26, 2024**

**December Calendar Club Tickets
Will go on sale November 1st**



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Monday	Tuesday	Wednesday	Thursday	Friday
CLOSED LABOR DAY	3 AA 7:30am Billiards 8:30 Craft Group 10:00 - 12:00 Mahjong 1:00 Music Group 1:00 AA 6:00 TOPS #18 6:30	4 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 6:00 (Women) AA 7:00 (Men)	5 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 TOPS #3 6:00 - 8:00	6 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00
9 AA 7:30am Billiards 8:30 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:00 AA 7:00	10 AA 7:30am Billiards 8:30 Veteran's 11:00-12:00 Floor Shufflebrd Mtg 1:00 Mahjong 1:00 Music Group 1:00 AA 6:00 TOPS #18 6:30 Ninigret Quilters 7:00	11 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 6:00 (Women) AA 7:00 (Men)	12 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 Dante Society 6:00 TOPS #3 6:00 - 8:00	13 AA 7:30am Billiards 8:30 Mall Trip 9:00 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 Scrapbook Moms 5:00 AA 7:00 Al-Anon 7:00
16 AA 7:30am Billiards 8:30 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:00 AA 7:00	17 AA 7:30am Billiards 8:30 Table Shufflebrd Mtg 1:00 Craft Group 10:00 - 12:00 Floor Shuffleboard 1:00 Mahjong 1:00 Music Group 1:00 AA 6:00 TOPS #18 6:30 Ninigret Quilters 7:00	18 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 6:00 (Women) AA 7:00 (Men)	19 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Book Club 1:00 Mahjong 1:00 Line Dancing 1:30 Board Meeting 1:15 Blue Cross/Blue Shield 2:00 Coin Club 6:00 Cribbage 6:00 TOPS #3 6:00 - 8:00	20 AA 7:30am Billiards 8:30 Yoga 9:00 Quilting 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00
23 AA 7:30am Billiards 8:30 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:00 AA 7:00	24 AA 7:30am Billiards 8:30 Table Shuffleboard 9-12 Visiting Nurse 9:30 - 1:30 Floor Shuffleboard 1:00 Mahjong 1:00 Music Group 1:00 AA 6:00 Auto Club 6:00 TOPS #18 6:30	25 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 6:00 (Women) AA 7:00 (Men)	26 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge / Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	27 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00
30 AA 7:30am Billiards 8:30 Mall Trip 9 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:00 AA 7:00	 <p><u>Bingo Information</u></p> <p>Bingo is played every Sunday and Wednesday Evening Doors open at 3:00 Early Birds (7 games) are played 4:45 - 5:45</p> <p>Regular Session begins with the Bonanza at 6:30</p>			

AUGUST BIRTHDAYS

September 2024

1

Sharon Joiner
 Susan Renaghan
 Elizabeth Woodfine

2

Barbara Curulla
 Thomas Madore
 Gary Steffens

3

Raymond Marra

4

Sandra Avery

5

Janet Gingerella
 Sandra McCall
 Theresa Yonsky

6

Sara Adams
 Janet Fiderio
 Susan Haley
 Mary Mitchell

7

Patricia Bianci
 John Sutcliffe

8

Emilia Mascaro
 Philip Newbury

9

Cheryl Lance
 David Viara

10

Paula Niedermann

Gilbert Scott

11

Barbara Cillino
 Sandy Seekins

12

Raymond Chang

13

Patricia Maggs
 Sheryl Ornborg
 Michael Stanley
 Sandra Tisch

14

Kim Caswell
 Edith Jacobson

15

Mary Clavin
 Jo-An Pasetti

17

Mark Rathbun
 Tally Sardelli

18

Sandra Appleton
 Theresa Daniewicz
 Ann Smith

20

Craig Nichols
 Linda Ravenelle
 Raphael Tomao
 Judy Vredenburg

22

Carolyn Longolucco

23

Norma White

24

Peggy Dubeau
 Judith Lenihan
 Robin McCusker
 Linda O'Brien
 Robert Terranova

26

Mary Jane Rokos
 Eva sisco
 Carolyn Whewell

27

Jon Babcock
 Marie Clark
 Mimi Romano

28

Susan Frenchman
 Cecilia Murray

29

Rosie Discuillo
 Patricia Grimes
 Grace Quararella
 Thomas Stafford

30

Anna Harring
 Ann Thomas
 Elisa Zaleski-Ward

Complete this puzzle and submit it to the Senior Center by September 15th!
One winner (must be a member) will be chosen & will receive a \$15 Gift Certificate to Walmart.

NAME _____ MEMBERSHIP # _____ PHONE NUMBER _____

SPOT THE DIFFERENCE

Can you spot the 9 differences between these two pictures?



Free printable courtesy of PrintItFree.net

Find 10 differences.



Circle the differences you find on the right hand pictures.

The top picture has 9 differences.

The bottom picture has 10 differences.

The winner
Of the
August
Puzzle
Is
Carolyn
DeMedeiros



MEDICARE Open Enrollment

Open enrollment for Medicare Part D will be held from October 15th through December 7th this year. This is the time of year for clients who already have Medicare plans or are new to Medicare to decide if they want to stay with those plans or explore other options. Nichole Woodward, our Community Information Specialist, assists with open enrollment. Her time is limited. Please call the Center at 596-2404 to leave your name and number with the receptionist. Nichole will call you back to schedule an appointment.

Please Note:
Walk-ins are not available

Representatives from Blue Cross and Blue Shield, United Health and Aetna will be holding special seminars in October, November and December for those who would like to explore available choices in Medicare and RX plans.

Representatives from Blue Cross and Blue Shield, United Health and Aetna will be holding special seminars in October, November and December for those who would like to explore available choices in Medicare and RX plans.



Blue Cross
Blue Shield
of Rhode Island



New Members

Pat Champlin
Deborah Haggerty
Carol Ferraioli
Joyce Ray
Anna Stewart

2025 Memberships Begin on October 1st

The Van Trips to the Warwick Mall
are scheduled for

Friday, September 13th
Monday, September 30th

Please call Edie at 401-596-7216
to reserve your seat today!
Space is limited.

Please Note:

The Autumnfest will be held on October 26th. We are accepting donations of Gift Cards and new items to be used as Penny Social prizes.



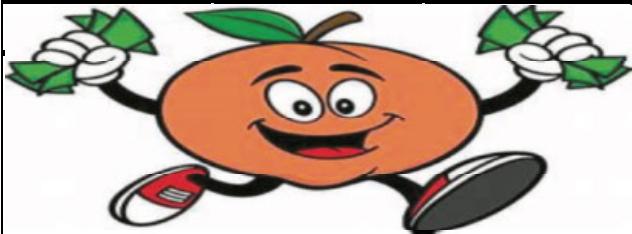
Grandparents Day
September 8, 2024

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Westerly Senior Citizens Center Menu		September		FOR RESERVATIONS CALL (401) 596-7216	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2	3	4	5	6	
CLOSED LABOR DAY	Tomato soup Pineapple chicken Rice pilaf Mixed beans Roll Brownie Ham & cheese on rye	Chicken soup Lasagna roll up w/meat sauce Roasted zucchini w/ eggplant Garlic bread Fresh fruit Tossed salad w/chicken	Tossed salad Roasted chicken thigh Potato wedges Buttered corn Ww roll Pudding Corned beef on rye	Mushroom barley soup Moroccan meatballs Rice pilaf Waxed beans Ww roll Oatmeal cookie Chicken salad plate	
9	10	11	12	13	
Escarole & bean soup Ground beef stir fry Steamed rice Mixed vegetables Roll Carrot cake	Minestrone soup Chicken pot pie Mashed potato Mixed vegetables Biscuit Fresh fruit	Greek cucumber salad Chicken parm Roasted potatoes Italian vegetables Roll Sliced pears	Lentil soup w/vegetables Chuck roast w/gravy Mashed potatoes Baby carrots Ww roll Sliced peaches	Cream of broccoli soup Baked fish Cole slaw Spanish rice Ww roll Mixed fruit	
Turkey Sandwich on rye	Spinach salad w/chicken	Seafood Salad Sandwich	Tuna salad sandwich	Egg salad sandwich	
16	17	18	19	20	
Chicken soup Beef teriyaki Steamed rice Roasted zucchini Ww roll Pudding Cobb salad	Cream cauliflower soup Meatball sandwich 3 bean salad Roasted potatoes Ww roll Fresh fruit Roast beef on roll	Lentil vegetable soup Pork loin w/ gravy Rice pilaf w/ mushrooms Green beans Ww Roll cake Seafood salad plate	Vegetable soup Baked ham w/gravy Mashed potatoes Peas & carrots Ww roll Sliced peaches Chicken salad sandwich	Tossed salad Sloppy joe Cole slaw Roasted sliced potatoes Ww roll Tropical fruit Ham & cheese on wheat	
23	24	25	26	27	
Tuscan white bean soup Greek style chicken thighs Parsley potatoes Florentine rice Ww roll Oatmeal cookie Turkey on wheat	Tomato soup Shepards pie Mashed potato Mixed vegetables Roll Sliced peaches Chef salad	Fruit cup Tossed salad Beef stew Ww roll Lorna Doone cookie Rueben on rye	Chicken & rice soup Veal patty w/ gravy Sweet potatoes Roasted zucchini Ww roll Brownie Tuna salad sandwich	Vegetable soup Baked chicken/ Eggplant Bolognese Roasted potatoes Green beans w/stewed tomato Roll Chocolate chip cookie Seafood Salad Sandwich	
30					
Chicken escarole soup Pub burger w/cheese Roasted sliced potatoes Pasta salad Ww roll Sliced peaches Roast beef on roll					

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June 2024 Calendar Club Winners



Looking Ahead

Floor Shuffleboard Mtg Sep 10th
@ 1:00pm

Table Shuffleboard Mtg Sep 17th
@ 1:00pm



Corn Hole
Is returning for play
On Friday Sep 6th
@ 1:30pm

During the months of August and September we will be collecting the following items for Operation Christmas Child Shoe boxes that will be sent to 3rd World Countries

Pencils

Pens

Erasers

1 subject & Composition Notebooks

Glue sticks

Pencil Sharpeners

Crayons

Markers

Colored pencils

August Puzzle "Play on Words" Answers

STOOD MISS	PAWALKRK	MILLION	LOOKING	ARREST YOURS
Miss Understood	Walk in the Park	One in a Million	Looking Backwards	You're Under Arrest
STAND ICU	WALKING ICE	S T A N D M E	B E D	PAR 2
Eye See You Understand	Walking on Thin Ice	Stand by Me	Bed Spread	Two Under Par
CHANCE	OR OR O	FATHER FATHER FATHER FATHER	COLLAR HOT	STEFRANKLIN
Fat Chance	Double or Nothing	Fore Fathers	Hot Under The Colloar	Frankenstein
LIP LIP	LIFE LIVE LIVE	TIRE	ROUGH ROUGH ROUGH ROUGH	FREQUENCY
Tulips	One Life to Live	Flat Tire	Rough Around the Edges	High Frequency

MEETINGS and PROGRAMS

AA Meetings: Sunday - Saturday at 7:30am in the triple room, on Mondays at 7:00pm, Tuesdays at 6:00pm, on Wednesdays at 10am and 6:00 for Women, 7pm for Men, Fridays at 7:00pm. Saturday at 7:00pm. Sunday at 5:00pm & 7pm. New members are welcome, regardless of Center membership.

Al-Anon Meeting - Friday - 7:00pm

Board Meeting - The Board of Directors will be holding its monthly membership & business meeting on **Thursday, September 19th** at 1:15pm in the Conference Room.

Blue Cross/Blue Shield - September 19th at 2pm.

Friday Quilters - Third Fridays.
Next meeting September 20th at 9am.

Ninigret Quilters - meet on Wednesdays at 9:00am. They also meet on Tuesday, September 10th at 7:00pm

VFW - Project Outreach of Westerly



The councilor will be here on September 10th.

11:00 - 12:00

Visiting Nurse - The Visiting Nurse will be at the Center on **Tuesday, September 24th** 9:30-1:30 for blood pressure screenings and other health concerns.



Center Van - The Center van is available Tuesday - Thursday for shopping, hairdresser, barber, banking, and nursing home visits. Contact Edie, the Transportation Coordinator to make a reservation. (596-7216).



Medical Rides - MTM is the State program for medical rides. To make reservations, Call: 1-855-330-9131.

RIPTA BUS INFORMATION - Please call: 401-781-9400, Monday - Friday 7am - 6pm.

Medical Equipment Donations - Each month medical donations are received. Items include wheelchairs, transport chairs, bedside commodes, raised toilet seats, shower chairs, stools and benches, walkers, rollators and adult underwear.

Should you need medical equipment or adult underwear, please call the center so we can fill out a slip for the item(s). We fill orders on a first come first served basis, free of charge.

Did you know?

The Senior Center has Books and Individual Stamps to sell. The Letter Carrier comes into the building twice a day to pick up mail. There is a box on the Reception Desk for outgoing mail.

Also, The Center has small \$7 and large \$10 Westerly trash bags for sale at the Reception Desk.

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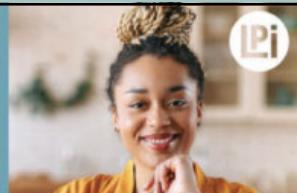
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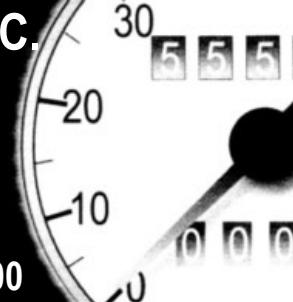
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We do not offer every plan in your area. Any information we provide is limited to those plans we do offer in your area. Please contact medicare.gov or 1-800-medicare to get information on all your options.

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Westerly Council on Aging, Westerly, RI

06-5248

Westerly Senior Citizens Center Board of Directors:
George Routhier - President, Wayne Bartolo - Vice President,
Marcella Bartolo - Treasurer, Judy Vredenburg - Secretary,
Robin Buck, Donna Cota, Sue Melanson, Dale Quattromani,
Michelle Reehl

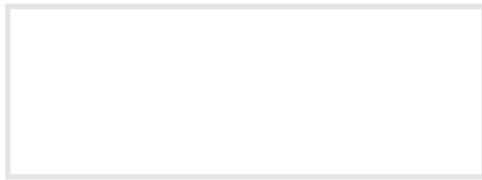
Westerly Senior Citizens Center Staff:
Don L. Reynolds - Executive Director
Nichole Woodward - Elder Information Specialist
Edith E. Jacobson - Transportation / Mealsite Coordinator
Karen Cioffi, Carolyn MacCrae - Administrative Assistants
Joan Freemer - Kitchen Supervisor
Marshane Clarke - Maintenance
Jerry Breault - Van Driver

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RETURN SERVICE REQUESTED



WSCC MISSION STATEMENT

The mission of the Westerly Senior Citizens Center is to provide opportunity for the “young at heart” to meet and enjoy a wide variety of social, educational, health, and recreational activities and programs and to promote the positive aspects of aging to them, their families, and the community at large.