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OUR TEAM:

Janet Holmes
Director

Angela DaPonte
Assistant Director

Betsy Sowin
Office Assistant

Paul Anderson
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

Nancy Lambert
Dining Assistant

The Tiverton Senior Center



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January 2024

The Center will be closed on Mondays, January 1st for New Year's Day and January 15th for Martin Luther King Jr. Day

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. January's featured topic, **John Singer Sargent – An American Legacy**, offers a look at a selection of paintings spanning Sargent's career, lending insight into his ever-evolving techniques and subjects. From elegant society images to informal watercolors, Sargent's extraordinary proficiency brought him both commercial success and critics' disapproval. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways! **Please Join Jill on Thursday, January 4th at 10:15 a.m.**



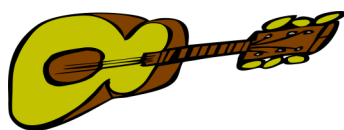
URI Pharmacy Outreach Program presents: Peripheral Neuropathy Thursday, January 11th at 10:00 a.m.

This disorder of the nerves can cause weakness, numbness, tingling and pain that can become very severe and debilitating. Join us to discuss its causes, signs and symptoms and treatments. Also learn what health conditions are most often associated with its onset.



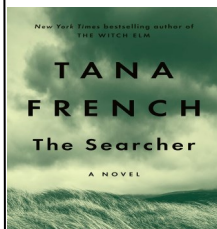
COMPUTER CLASS with Mark Rudd~ Wednesday, January 10th

LEARN HOW TO BE A SMART SHOPPER –How to make the best of those After Christmas Sales for both hard-ware and soft-ware markets. Class is from 10am-11:30 am **SIGN UP in OFFICE**



New Year's Resolution: to Learn Something New!
Learn the Ukulele with Otis~ six week sessions for only \$20. New session beginning January 22nd ~

YOU CAN BE AN ARTIST!!! ART with SHAWNDAVID—6 week session on Tuesday afternoons; only \$25; new session begins on January 9th ~SIGN UP IN THE OFFICE~ All materials included-Fun & Relaxing



COME JOIN OUR BOOK GROUP: With assistance from the Tiverton Public Library, This month's book is: **"The Searcher" by Tana French**
Tuesday, January 16th at 10:15 a.m.

New members are welcome at any time. Suggestions on authors & books are gladly accepted.

ACTIVITIES AT A GLANCE

TOPS – Monday at 9:00 a.m. in Game Room; Learn Ukulele Monday 1-2 p.m.
Functional Fitness with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:00
Quilting for Charity meets every Monday at 10:00-3:00 p.m.
Pitch League- Hi, Lo, Jack meets Mondays at 12:30-3 p.m.
Chair Yoga with Shirley—Tuesday’s at 9 a.m. Class fee is \$3 per class.
Drums Alive! with Jessica-Tuesdays at 1:00 p.m. Class fee is \$3 per class.
Paint with Shawndavid Tuesdays 2:15-3:45 pm
Book Club Tuesday, January 16th at 10:15 a.m. : ” The Searcher” by Tana French
Mahjongg– Tuesdays and Fridays, 11:00 a.m.—3 p.m
Computer Class with Mark– Wednesday January 10th at 10:00 a.m.
Wednesdays: 12:30-3 p.m. Cribbage (Game Rm) & Live Music (Dining Rm);
Chorus –Wednesdays at 12:30 in the Lounge ~ Come Join the FUN!
Balance & Mobility with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members
Center Meeting will be held on Thursday, January 25th at 10:15 am
Technical Assistance with Kristin, Thursdays 10:00 a.m.
BINGO-Thursdays!!! 1:00-3:00 PM Knitters for Charity-Thursdays at 1:00-3:00 p.m.
Zumba with Jessica—Fridays at 8:45 a.m. Fee is \$3.00 per class; Game Day 1-3pm



January 4th, 11th, 18th & 25th



Live Music Wednesday Afternoons



Kristin Amaral, Technology Coordinator from the Tiverton Public Library: Kristin will be available on Thursdays beginning at 10:00 a.m. Kristin can help with your technological needs: cell phone, etc.

CARE GIVER SUPPORT GROUP

Alzheimer’s and Care Giver Support Group will meet on **Mondays, January 8th and 22nd from 2:30 to 3:45p.m.;**
 Nurse Care Manager: **Janet Grapentine** facilitates this group.
New care givers are always welcome.



Blood Pressure Check with Terri
Visiting Nurse Home & Hospice~
Thursday, January 18th 10:00-11:30 a.m.

Happy Birthday!

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|--------------------|----|
| Eileen Cook | 16 |
| Theresa Viens | 17 |
| Sylvia Schweitzer | 19 |
| Joan Chabot | 20 |
| Nancy Harrison | 21 |
| Dorothy Pennachi | 21 |
| Tina Robitaille | 25 |
| Eleanor Mercier | 25 |
| Gerry Garant | 27 |
| Lucille Mendoza | 27 |
| Pat Hanchett | 28 |
| Maureen Rawson | 28 |
| Joan Groth | 28 |
| Deborah Schoonover | 29 |
| Nancy Lambert | 29 |
| Gerry Vadeboncoeur | 30 |
| Richard Segal | 31 |

JANUARY 2024!

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|----------------------|----|-----------------------|----|
| Kathy Majkut | 01 | Beverly Santo-Christo | 07 |
| Dale Brown | 01 | Kathi Barry | 07 |
| Gerrie Freitas | 01 | Paula Charette | 09 |
| Joan Lord | 01 | Joan Honeycutt | 11 |
| Lorraine St. Laurent | 01 | Carol Olancin | 12 |
| Rosalie Burton | 02 | Cheryl Ventura | 12 |
| Clarence Toth | 03 | Judy Crawford | 13 |
| Denise LeFebvre | 03 | Rita Segal | 13 |
| | | Frances Frank | 15 |



January 4th, 11th, 18th & 25th



