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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



OCTOBER 2023



Join Jill Sanford on Thursday **October 5th @ 10:15**
**"The Abstract Expressionists-
What Were They Thinking?"**

Art For Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Programs are for people of all backgrounds – artists and non-artists alike. October's featured topic, **The Abstract Expressionists, What Were They Thinking?**, offers an opportunity to explore the giant canvases, splattered paint, and brilliant colors of the 20th-century, American, Abstract Art Movement. See what kind of meaning you can find in the works of Kandinsky, Pollock, Krasner, Frankenthaler, and Rothko—key figures of this surprising and often confusing period of art. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!



The Center will be closed on Monday, October 9th in observation of Columbus Day

OUR TEAM:

Janet Holmes
Director



Welcome Back URI Pharmaceutical Outreach Program Join Nancy Tortolani and her Pharmacist Students for another year of engaging & educating medical topics. Nancy & her students will be presenting **"SLEEP DISORDERS"** on Thursday, **October 12th at 10:00 a.m.** Around 20-40% of adults suffer from insomnia over the course of a year. Recognize what can cause sleep disorders and learn how to successfully treat them. Learn about the newest medications used to treat insomnia.

Angela DaPonte
Assistant Director

Patty Lavoie
Office Assistant



Boo! SPOOKY LIONS CLUB PICNIC ~ Friday, The 13th of October

Fun begins at 11:30 a.m. Followed by DJ **Mike Cordeiro** spinning the tunes from 12 noon to 3 p.m. **FREE!** Reservations must be made in advance ~ **COME IN COSTUME!!**



Paul Anderson
Bus Driver

Phil Ferreira
Manny Fontes
Maintenance

FLU CLINIC—

Please join the fine nurses from **Visiting Nurse Home & Hospice** on Thursday, **October 19th** from 9:30—11:30 for your annual flu shot! Please bring your ID and insurance card with you. This clinic is for adults only; no children. Please sign up in the office.



Michele Blanchette
Nancy Lambert
Dining Assistants



MCR Chiropractic's Dr. Olson presents: Eliminate Your Back Pain
THURSDAY, October 26th at 10:15 a.m.

Prevalence and Causes of Back Pain
Most Effective Options for Care of Back Pain
What works and what doesn't?

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 \$3.00 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, October 17th at 10:15 a.m. :Water for Elephants
Mahjongg– Tuesdays and Fridays, 11:00 a.m.—3 p.m
Computer Class with Mark-October 11th at 10 a.m. *Learn to be a SMART Shopper*
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 **Wednesday, October 25th at 10:00 am**
Technical Assistance with Kristin, Thursdays 10:00 a.m.
BINGO-Thursdays!!! 1:00-3:00 PM October 5, 12, 19, 26
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**



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, October 16th and 30th from 2:30 to 3:45p.m.;**
Nurse Care Manager: **Janet Grapentine** facilitates this group.
New care givers are always welcome.



LIVE MUSIC every Wednesday 12:30-3:00 p.m.
Come Two-Step along with the fabulous tunes!



COMPUTER CLASS with Mark Rudd
LEARN HOW TO BE A SMART SHOPPER . Mark Rudd will provide instruction on how to be a smart shopper for both hard-ware and soft-ware markets. Class also show-cases free resources that are available to the public. Class is from **10 a.m. to 11:30 a.m. on Wednesday, October 11th.**
Call 625-6790 to reserve your seat

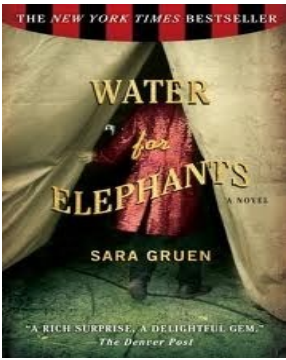


Halloween KARAOKE!

Come Join Rick on Monday
October 30th from 12:30-3 p.m.
~ Wear a Costume-Join the fun!!



Paul continues to bring Tiverton seniors and folks with disabilities to either our Center or shopping on Tuesdays, Wednesdays & Thursdays. Please call **625-6790** to reserve your spot. Bus trips are not individualized. Shopping Bags are limited to four per person. **Remember: Paul is the Boss of the Bus!!**



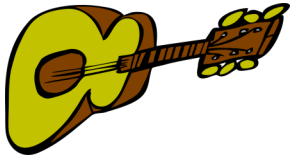
COME JOIN OUR BOOK GROUP:

With assistance from the Tiverton Public Library, Presents
October's Book: Sara Green's "Water for Elephants"
 We'll meet on Tuesday, October 17th at 10:15 a.m.
 New members are welcome at any time.
 Suggestions on authors & books are gladly accepted.
 Large Print Books are available in office.

All are Welcome!



October 5th, 12th, 19th, 26th
 Starts Promptly at 1:00 p.m.

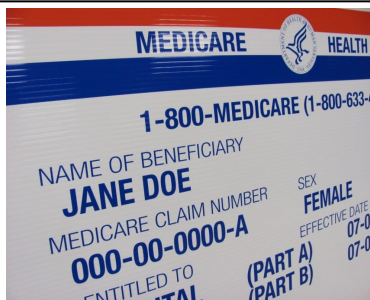


NEVER TOO OLD to Learn
Something New! Learn
 the *Ukulele with Otis*—
 six sessions for only \$20
 New sessions beginning

MONDAYS, November 6th & January 22nd ~
SIGN UP in the OFFICE

YOU CAN BE AN ARTIST!!!

ART with SHAWNDAVID—6 week
 session on Tuesday afternoons; only \$25;
 new session begin on November 7th
SIGN UP IN THE OFFICE



OPEN ENROLLMENT
 for Medicare Begins
 October 15th
 Call 401-462-4444
 to schedule an
 appointment & review
 your medical plans

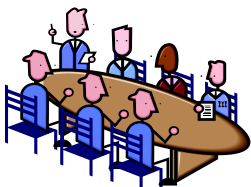


Happy Birthday!

OCTOBER 2023!

Janet Waters	01	Evelyn Frederick	15
Deborah Lavoie	01	Janet Gagnon	15
Bernadette Rogers	03	Dayton Burt	15
Linda Greenman	03	Barbara Pavao	16
Peggy Bryan	04	Patricia Vital	18
Jacquie Marshall	04	Bruce Buteau	18
Joan Mann	05	Ellen Rivers	19
Mary Waddell	06	Richard Cabral	20
Linda Griffiths	08	Mary Potter	21
Carol Figerie	12	Paulette Sweeney	22
Rachel Elder	12	Eleanor Reismann	25
Elsie Demenezes	13	Maggie Corscadden	26
William MacGregor	14	Bunny Carroll	27
		Beryl Hart	27
		Mary Ann Moquin	29

Stanley Baranosky	30
Richard Lavoie	30



Our next **CENTER MEETING** will be on **Wednesday, October 25th @ 10**

