

BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

Telephone 247-1926

NOVEMBER 2016

281 County Road
Barrington, RI 02806

Center Hours
9:00 AM - 4:00 PM
Monday - Friday

CENTER CLOSED

Friday, November 4th - Library Book Sale

Friday, November 11th for Veterans Day

Thursday, November 24th and Friday, November 25th for Thanksgiving

THANKSGIVING PARTY

Friday, November 18th at 1:00 pm

Bobby Justin will be here once again to sing for you and your friends as you celebrate Thanksgiving here at the Center. Come enjoy the entertainment, a raffle and refreshments.

If you wish to join us for a delicious Thanksgiving dinner before the party, please call the Center for reservations early, as space is limited.

Don't miss this fun event!

ANNUAL MEETING

Friends of the Barrington Senior Center, Inc.

Tuesday, November 15th at 7:00 pm

All are welcome! Light Refreshments will be served.

The Friends of the Barrington Senior Center are an important group of volunteers who work to raise funds to support the Senior Center's capital improvements. The Friends have invited Cy O'Neil, President of the *Providence Village*, to speak at this meeting and to share his perspective on "Everything you ever wanted to know about the *Providence Village*." *Providence Village* represents a grass-roots effort to create a community-based volunteer network of mutual support for seniors who wish to stay in their homes and neighborhoods. There will be time for questions as well as dialogue.

Please note that this meeting will also kick off the Friends' fall fundraising campaign - look for a letter from the Friends inviting you to contribute to the mission of the Senior Center which is to support and enrich the lives of the seniors in our community.

NEWPORT CREAMERY VOUCHERS

Vouchers for certain items at breakfast or dinner at Newport Creamery are now available at the Senior Center. Vouchers cost \$5.00 and may be purchased at the front desk of the Center.

SENIOR CENTER STAFF

Michele Geremia
Director

Mira Meyer-Oertel
Senior Services Coordinator

Ed Carusi
Outreach Services

Susan Duarte
Clerical

Rod Maturi
Kitchen Supervisor

Shirley Slusarski
Kitchen Staff

Larry Daglieri
Anthony Mederos
Transportation

Mona L. Kozel
Trips and Events

OPEN ENROLLMENT CONTINUES

It is very important at this time to review your current medical insurance and to explore the best options available to you. Very knowledgeable SHIP counselors are available at the Center every Tuesday from 9:00 am to 3:00 pm to assist with this process. Please call the Center at 247-1926 to make an appointment and remember to bring your insurance cards, all insurance information you may have received in the mail and a list of all your prescription drugs with dosages. Do not wait to make an appointment - Open Enrollment ends December 7th.!

2ND STORY THEATER

Sunday, November 20th at 7:30 pm (Upstage)

“PRELUDE TO A KISS” by Craig Lucas

In this modern day fairy tale, an uninvited guest turns a perfect wedding into a white-knuckled rollercoaster ride of doubt and regret. For when this elderly "wedding crasher" kisses the bride, their souls exchange, leaving the brave but bewildered groom to reverse the curse armed only with the power of love. A rare mix of laughter, romance and profound substance.

The cost per ticket is \$12.00 - a price well below the current preview ticket price of \$20.00. We are able to offer this discounted price due to the generosity of 2nd Story Theater and the Senior Center. Tickets are available here at the Center. Please note that tickets are limited to two per person and membership in the Barrington Senior Center is required.

COMPUTER CLASSES

Ben Hanley, Digital Services/Reference Librarian at Barrington Public Library, will be teaching the following computer classes in collaboration with the Barrington Senior Center:

1. Computer Basics

Thursdays, November 3, 10, & 17 at 10:00 am to 11:30 am.

Learn how to use a computer, internet and search engines and e-mail, as well as tips on internet safety.

2. Microsoft Office Basics

Microsoft Word on Tuesday, November 8th at 10 am

Microsoft Excel on Friday, November 18th at 10 am

Microsoft PowerPoint on Tuesday, November 29th at 7 pm

Classes will be held in the Senior Center Studio except for the class on November 8th, which will be held in the Library Teen Room. Registration is required and space is limited to six people per class. Please register online at www.barringtonlibrary.org, in person at the Library Reference Desk, or call 401-247-1920 ext.2.

SAVE THE DATE: FLOWERS FOR EVERYONE

Friday, December 2nd at 1:00 pm

Cost: \$16.00

“MIRACLE OF THE OIL”

Step back into ancient times as we learn the story of Hanukkah and create a floral masterpiece. Participants will begin by hearing the captivating story of Judah and the Maccabees. Following this, each student will receive a bounty of fresh flowers reflecting specimens mentioned in the Torah or Bible. Please join us for this unforgettable class! Please call the Center at 247-1926 to sign up.

NEW LUNCH OPTION AVAILABLE

We are excited to report that starting in November a new item has been added to the daily menu: a large salad as entrée. The current option on the menu is a salad of sliced turkey and tomatoes on a blend of spinach and iceberg lettuce - an excellent choice for salad lovers. Please note that the salad entrée has to be ordered a week in advance!

HAPPY THANKSGIVING!

ZUMBA GOLD ON FRIDAYS!

Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for older adults. It introduces easy to follow Zumba choreography that focuses on balance, range of motion and coordination and combines a dance workout with a fun atmosphere. The Zumba Gold class with the talented and inspiring instructor Sam meets every Friday at 9:00 am. Come ready to dance and prepare to leave empowered and strong.

NEW AT THE CENTER: CREDIT CARDS ACCEPTED

It is now possible to pay for membership, programs and trips with credit or debit cards. Please note that a surcharge of 2.5% applies when using a credit card and a flat fee of \$1.95 is charged when using a debit card.

FITNESS AT THE CENTER

The cheerful fitness room at the Center is equipped with a brand-new Octane XR6000 fitness machine, two bicycles and two treadmills! Les Costa, a certified personal trainer, is available to work with you by appointment on Fridays at 9:30 am. Before using the fitness room, an orientation session with Les, a doctor's release and a waiver are required. Come and work out!

FREE NOTARY PUBLIC SERVICE

Tuesday to Friday from 9:00 am - 12:30 pm

A notary public is now available at the Senior Center. Please feel free to bring any documents that need to be notarized and avail yourself of this service.

BLOOD PRESSURE

Nurses are available to take blood pressure on most Thursdays between 10:30 am and 11:30 am. We suggest that you call the Center at 247-1926 to confirm that a nurse is available.

TOWN OF BARRINGTON

Senior Center
281 County Road
Barrington, Rhode Island 02806

<p>Presorted STD U.S. POSTAGE PAID Barrington, R.I.</p>
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