

BARRINGTON SENIOR CENTER

ENRICHMENT ~ ENHANCEMENT ~ ENLIGHTENMENT

Telephone 247-1926

MAY 2016

281 County Road
Barrington, RI 02806

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

SENIOR CENTER CLOSED
MONDAY, MAY 30th for MEMORIAL DAY

MOTHER'S DAY PARTY

Friday, May 6th at 1:00 pm

**SENIOR CENTER
STAFF**

It is time to celebrate mothers! Debra Joy Celetti, a vocalist well known in Rhode Island, will be at the Center to entertain you with her beautiful voice. Come and enjoy this wonderful performer and plan to come early to join your friends for a delicious lunch. Please call the Center no later than noon the day before at 247-1926 to reserve.

Michele Geremia
Director

ARMCHAIR TRAVEL

Monday, May 9th at 1:00 pm.

Cost: \$5.00

"LITTLE RHODY AND THE OTHERS"

This presentation by Professor Roberta Mudge Humble of CCRI tours Rhode Island but also offers an eye and earful of the other 49 states and is meant to both inform and entertain. You will realize that Rhode Island is a state as significant as any other in the very best of ways. Professor Humble illustrates the exceptional character of America while the colorful images make the fifty states "pop."

Mira Meyer-Oertel
Senior Services Coordinator

Ed Carusi
Outreach Services

Susan Duarte
Clerical

Rod Maturi
Kitchen Supervisor

The Center and Barrington Community School continue their cooperation to offer more opportunities to travel the world via armchair. Refreshments will served.

Shirley Slusarski
Kitchen Staff

SUMMERTIME HEALTH

Tuesday, May 3rd at 10:30 am

Larry Daglieri
Anthony Mederos
Transportation

Summertime presents all kinds of health challenges—safe sun exposure, proper hydration and mosquito and tick prevention. Learn how to protect your health during the summer months.

Mona L. Kozel
Activity Club

Representatives from the College of Pharmacy at URI will be here again with information about this timely topic, which will be presented as a game of "Jeopardy." Put this interesting and fun event on your calendar and please call the Center to let us know if your are planning to attend.

FLOWERS FOR EVERYONE

Friday, May 13th at 1:00 pm

Cost: \$16.00

“MAGNIFICENT MAY”

Explore and experience the most beautiful month of the year, as we celebrate May! Participants will learn the origins, symbols, and holidays of this favorite month as they create a fresh floral “May basket.”

Please join us for this unique and educational program and call the Center to register.

FITNESS AT THE CENTER

The Center has added two exciting new events in the Fitness Room: a brand-new *Octane 6000* fitness machine and, in addition, *Les Costa*, a certified personal trainer, who will be here *by appointment* on Fridays at 9:30 am to introduce clients to important fitness concepts and teach the proper use of the Octane 6000 and all equipment available in the fitness room. Please plan to spend about an hour with Les, who will cover important topics such as exercise regimen, cardio/resistance, rate of exertion, soreness/pain, stretching and resistance before demonstrating and training on the equipment. This is a wonderful opportunity to learn about and engage in exercise, so important for your wellness and health. Please call the Center for an appointment.

Also please note: beginning June 1, 2016, anyone planning to use the Center Fitness Room will be required to attend the orientation, present a doctor’s release and sign a waiver. All forms are available at the Front Desk.

AARP SMART DRIVING PROGRAM

Tuesday, May 17th at 3:00 pm

Anthony Ballirano, Deputy State Coordinator, will present this program which runs from 3:00 pm to 7:30 pm. The new curriculum contains the latest research and industry insights as well as exciting new topics, and the revised workbook is participant friendly and easy to follow. The associated program video has been re-formatted and includes interviews with experts and supportive data.

Upon completion of this program you may be eligible for an auto insurance discount but you should consult with your insurance company or agent for details. The cost is \$15.00 for AARP members and \$20.00 for non-members (check or exact amount, please). There will be a break, so please bring a sandwich or snack and a beverage, especially if you have a medical condition. To register or for more information, please call the Center at 247-1926.

DRUG TAKE BACK

Thursday, April 28th at 12:30 pm

A representative of the police department will be at the Center to collect any drugs that need to be discarded. Please take advantage of this convenient opportunity.

CREATE AT THE LIBRARY: Decorate a Spring Basket

Friday, May 6th at 1:30pm

Get crafty and decorate spring basket to use as a desk organizer or as a gift for a friend. This program will be led by local artist Rena Bidney. All supplies will be provided. Free and open to all.

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.

BENEFIT REP - MEDICAL INSURANCE ASSISTANCE

Every Friday from 9:00 am - 3:00 pm

Janet Holmes, a state-certified SHIP counselor, is at the Center to provide assistance to anyone entering or already within the Medicare system and can help with decisions regarding Medicare Supplement Insurance and Medicare D plans. Please call the Center at 247-1926 to make an appointment.

ACTIVITY CLUB TRIPS AND ACTIVITIES

\$7.00 per year membership for people 55+ (September to September)

Please note: It is important to sign up early for all trips as a sufficient number of people is needed.

Wednesday, May 11, 2016 - Newport Playhouse: "One Slight Hitch."

It's Courtney's wedding day, and her mom, Delia, is making sure that everything is perfect. Then, like in any good farce, the doorbell rings. And all hell breaks loose. So much for perfect! After the play you will enjoy the music and comedy of the Cabaret. Depart at 10:00 am from the rear of Barrington Town Hall.

Cost: \$66.00.

Tuesday, June 7, 2016 - Foxwoods and Bingo!

Another day of games and fun beginning with Bingo at 10:00 am. Each trip participant will receive a gaming package worth up to \$20.00 towards food and gaming. Depart at 8:00 am from the rear of Barrington Town Hall.

Cost: \$20.00

Wednesday, July 20, 2016 - Lobster Fest with Janice Dee and the "Shakin' All Over" Dance Band.

You will travel to the fabulous Log Cabin for a delicious luncheon featuring an Hors D'oeuvre Welcome Tray, a complimentary Glass of Wine and New England Boiled Lobster, Barbecued Ribs and Chicken with Corn, Baked Potato and a Strawberry Ice Cream Sundae for dessert. Then put on your "Blue Suede Shoes" - this band will have you dancing in the aisles! *Shakin' All Over* presents the legendary dance songs of the '50ties and '60ties and its song list includes selections from country, rock'n roll, blues, R & B and Great American standards. Depart at 9:00 from the rear of Barrington Town Hall and return about 5:30 pm.

Cost: \$84.00. Final Payment due by June 20th.

Monday, August 15, 2016 - First "Summer Social" at the Wharf Tavern at 12:00 noon

Come join your friends for a delicious luncheon and entertainment!

Cost: \$12.00 (incl. gratuity)

TOWN OF BARRINGTON

Senior Center

281 County Road

Barrington, Rhode Island 02806

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