

Westerly Senior Citizens Center

November 2023



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



Saturday, November 4th

9am – 2pm Local Vendors



Raffles:

Drawing on
December 3rd



Hand Made Quilt
Peanuts Holiday Lawn Display
Breakfast and Lunch items
will be available for purchase.
Indoors / Free Parking

December Calendar Club
Tickets
are on Sale

NOVEMBER BIRTHDAYS**1**

Louis Bald
Bill Eade
Linda Nigrelli
Janet Rathbun
Wayne Smith

2

David Cranmer
Charles Greene

3

Meredith Eckel

4

Kathleen Glew
Anne Kenyen

5

Kenneth Jones
Robert Nist

6

Kathleen Egan
Michele Sanborn
Lou Toscano

8

Agha Zafar
Roberta DiPerrio
Mitchell Nichols

9

Kathryn Diorio
Christine Kissinger
Elaine Mosley
Joyce Stanczyk

10

Glen Fletcher
Mark Melanson

11

Kenneth Barker
Anna Fletcher

13

Nancy Law
Margaret Limanni
Liz Stanley

14

Pauline Panatieri
Kathryn Varas

15

John Ferreira
Melinda Lowe
Ann Marsh

16

Mary Ellen LaPere

17

Karen Jolly
Margaret Luzzi
Beverly Zbyrowski

18

Juman Hijab
James Laudone
Susan Robinson

19

Doreen Brown
Camille Larson

20

Mark Hawk
Patricia Urso

21

Ronald Brown
Jean Desautell

22

David Calabrese

23

Donald Charnley
Mildred Stolgitis

24

Patricia Cote
Carol Ethier
Gina Lyman
Kathy Mosunic

25

Sara Cicrello
Joan Matteson
Donna Turrisi

26

Harry Limanni
Dorothy Pucci
Jeannine Wilk

27

Kathleen Clancy

28

Diane Devine
Dawn Lugo
Ginger Pattillo

29

Richard Pignattaro
Doreen Stafford

30

David Adams, Jr.
Karen Barker

Monday	Tuesday	Wednesday	Thursday	Friday
		1 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9 Table Shuffleboard 9-12 AA 10am (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 AA 7:00 (Men)	2 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9 - Noon Bridge 1:00 Beginning Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	3 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Insight 10 - 11:30 Mahjong 1:00 AA 7:00 Al-Anon 7:00
6 AA 7:30am Billiards 8:30 Diamond Art 9:00 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:30	7 AA 7:30am Billiards 8:30am Table Shuffleboard 9-12 Blue Chip 10am Veterans 11-12 Mahjong 1:00pm Music Group 1 - 2pm Floor Shuffleboard 1:15 AA 6:00pm TOPS #18 6:30pm	8 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9 Table Shuffleboard 9-12 AA 10am (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 AA 7:00 (Men)	9 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9 - Noon BC Medicare 11 Bridge 1:00 Beginning Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	10 AA 7:30am  Center Closed
13 AA 7:30am Billiards 8:30 Diamond Art 9:00 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:30	14 AA 7:30am Billiards 8:30 Blue Chip 10 Veterans 11 - 12 Mahjong 1:00 Music Group 1 - 2 Floor Shuffleboard 1:15 AA 6:00 TOPS #18 6:30 Ninigret Quilters 7	15 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9 Table Shuffleboard 9-12 AA 10am (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 AA 7:00 (Men)	16 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9 Art Class 9 - Noon Book Club & Bridge 1:00 Beginning Mahjong 1:00 Board Meeting 1:15 Line Dancing 1:30 BC/BS Seminar 2 Cribbage/Dante Society 6:00 Coin Club 7 TOPS #3 6:00 - 8:00	17 AA 7:30am Billiards 8:30 Yoga 9:00 Quilting 9:00 Cribbage 9:30 Mahjong 1:00 AA 7:00 Al-Anon 7:00
20 AA 7:30am Billiards 8:30 Diamond Art 9:00 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:30	21 AA 7:30am Billiards 8:30am Table Shuffleboard 9-12 Mahjong 1:00pm Music Group 1 - 2 Floor Shuffleboard 1:15 AA 6:00 TOPS #18 6:30	22 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9 Table Shuffleboard 9-12 AA 10am (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 AA 7:00 (Men)	23 AA 7:30am  Center Closed	24 AA 7:30am  Center Closed
27 AA 7:30am Billiards 8:30 Diamond Art 9:00 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 Cribbage 6:30	28 AA 7:30am Billiards 8:30 Table Shuffleboard 9-12 Visiting Nurse 9:30 - 1:30 Mahjong 1:00 Music Group 1 - 2 Floor Shuffleboard 1:15 AA 6:00 TOPS #18 6:30 Auto Club 6:00	29 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9 Table Shuffleboard 9-12 AA 10am (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 AA 7:00 (Men)	30 AA 7:30am Billiards 8:30am Wood Carving 8:30am Pitch, "99" at 9:00am Blue Chip 10:30 Art Class 9 - Noon Bridge 1:00pm Beginning Mahjong 1:00pm Line Dancing 1:30pm Cribbage 6:00pm TOPS #3 6:00 - 8:00pm	



Blue Cross Medicare Advantage

Seminar for new
individuals comparing
plans for 2024
11/9/2023 & 12/4/2023
@ 11:00am

Blue Cross Blue Shield Seminar

for individuals turning age
65 or retiring
11/16/2023 & 12/14/2023
@2pm



AETNA Seminars

EACH THURSDAY
10am thru NOON
November thru December 7th



**Do you like to play
Mahjong?**

**Two opportunities to
play each week.**

**Tuesdays
And
Fridays**

1:00pm - 4:00pm

**Contact:
Felice Farber
609-937-1219**

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**Check out the Center's ads on**

**Verizon  
Channels 18 & 29**

**Cox  
Channels 17 & 28**



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The Van Trips to the Warwick Mall  
are scheduled for

**Friday, November 17th**

**Monday, November 27th**

Please call Edie at 401-596-7216

to reserve your seat today!

Space is limited.

~ ~ ~ ~ ~

### November Book Club

Once and Future  
Switches

Alix E. Harrow

The Bookwoman  
Of Troublesome Creek  
Kim Michelle Richardson

### New Members

Audrey Bushey

Judy Cashman

Rosie Discuillo

Gregory Rose

Aline Kelly

Mary Ellen LaPere

Rickey Marchesi

Slawomire Marczyk

Cheryl McGinty

Mark Melanson

Pauline O'Brien

Judith Quigley

Nancy Rotti

Karen Underhill



Narcotics Anonymous®

Every Saturday  
Narcotics Anonymous  
At 10:00am  
In the Conference Room



Narcotics Anonymous®

Westerly Senior Citizens  
Center Menu

November 2023

FOR RESERVATIONS  
CALL (401) 596-7216

| Monday                                                                                                                           | Tuesday                                                                                                                                                       | Wednesday                                                                                                                                                        | Thursday                                                                                                                                                  | Friday                                                                                                                                                    |
|----------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                  |                                                                                                                                                               | 1<br>Tomato soup<br><b>Roasted chicken thighs</b><br>Vegetable rice pilaf<br>Sweet potatoes<br>Cookies<br>Ww Roll<br><br>Chicken Sandwich                        | 2<br>Vegetable lentil soup<br><b>Maple glazed pork tenderloin</b><br>Roasted potato<br>Peas & carrots<br>Ww Roll<br>Fruit<br><br>Spinach salad w/ chicken | 3<br>Tossed salad<br><b>Baked pasta Florentine w/meat sauce</b><br>Roasted zucchini w/carrots<br>Ww Roll<br>Yellow cake<br><br>Roast beef sandwich        |
| 6<br>Vegetable soup<br><b>Chicken/sausage/peppers/potatoes</b><br>Rice pilaf<br>Ww Roll<br>Pudding<br><br>Ham & cheese on rye    | 7<br>Lentil & bean soup<br><b>Lasagna roll up w/meat sauce</b><br>Green beans<br>Garlic bread<br>Fruit<br>Sliced multi grain bread<br><br>Seafood salad plate | 8<br>Kale & bean soup<br><b>Chicken cutlet w/tomatoes mushrooms &amp; spinach</b><br>Rice pilaf<br>Ww Roll<br>Oatmeal raisin cookie<br><br>Turkey & Swiss cheese | 9<br>Minestrone soup<br><b>Pork roast w/gravy</b><br>Mashed potato<br>Baby carrots<br>Ww Roll<br>Cake<br><br>Chicken salad plate                          | 10<br><br><b>VETERANS APPRECIATION DAY</b><br><br><b>Center Closed</b> |
| 13<br>Vegetable soup<br><b>Chicken pot pie</b><br>Mashed potato<br>Cake<br>Ww roll<br><br>Turkey sandwich                        | 14<br>Beef lentil soup<br><b>Honey chicken &amp; broccoli</b><br>Rice pilaf<br>Fruit salad<br>Ww Roll<br><br>Corned beef on rye                               | 15<br>Tossed salad<br><b>Pork scallopini</b><br>Wax & green beans<br>Spanish rice<br>Ww Roll<br>Fruit<br><br>Chicken Waldorf salad plate                         | 16<br>Holiday Squash soup<br><b>Turkey w/gravy</b><br>Stuffing<br>Mashed potatoes<br>Roasted vegetables<br>Cranberry sauce / roll<br>Holiday pies         | 17<br>Chicken soup<br><b>Sloppy Joe</b><br>Cole slaw<br>Pasta salad<br>Ww roll<br>Cake<br><br>Roast beef sandwich                                         |
| 20<br>Escarole & bean soup<br><b>Swedish meatballs</b><br>Mashed potatoes<br>Baby carrots<br>Fruit<br><br>Seafood salad sandwich | 21<br>Vegetable barley soup<br><b>Fajitas style chicken</b><br>Spanish rice<br>Mixed vegetables<br>Roll / Jello<br><br>Cobb salad                             | 22<br>Navy bean soup<br><b>Veal patty mushroom gravy</b><br>Spinach<br>Mashed potato<br>Ww roll -- Fruit<br><br>Ham salad on rye                                 | 23<br><br><b>Center Closed</b>                                        | <b>IT'S \$ Black FRIDAY y'all!</b><br><b>Center Closed</b>                                                                                                |
| 27<br>Tomato soup<br><b>Shepards pie</b><br>Mashed potatoes<br>Ww Roll<br>Cookies<br><br>Chicken salad                           | 28<br>Chicken soup<br><b>Mongolian beef</b><br>White rice<br>Steamed broccoli<br>Ww roll<br>Pudding<br><br>Tuna on wheat                                      | 29<br>Cream of mushroom soup<br><b>French onion baked chicken</b><br>Sweet Potatoes<br>Greenbeans - roll<br>Fruit<br><br>Tossed salad 2/chicken                  | 30<br>Chicken & rice soup<br><b>Meatloaf w/gravy</b><br>Mashed Potatoes<br>Corn - roll<br>Cake<br><br>Spinach salad                                       |                                                                      |

## AutumnFest Penny Social Winners

|                              |                    |                               |                    |                           |                    |
|------------------------------|--------------------|-------------------------------|--------------------|---------------------------|--------------------|
| Cat Picture & Note Pad       | Susan Barber       | Blue Blanket                  | Ann Songs          | Candy Jar - Large         | Mary Lanore        |
| Men's Handkerchiefs          | Liz Stanley        | Storage File Cart             | Pat Moriss         | Pictionary                | Leslie Bartlett    |
| Cookware Set                 | Diane Rafferty     | Buffet Set                    | Ann Thomas         | Halloween Blanket         | Uhngi Shea         |
| Tan Shoes Size 11            | Paul Bergeron      | Dessert Picture               | Diane Rafferty     | Small Candy Filled Jar    | Shirley Errico     |
| Glassware Set                | Debra Ferriss      | Coffee Cup Stack/Hummingbirds | Pete Ferland       | Gnome                     | Pete Ferland       |
| Sunflower Shoes              | Donna Swanson      | Mexican Plaque                | Theresa Roman      | Halloween Cat Blanket     | Diane Rafferty     |
| Thermal Socks                | Honore Feeney      | Koala Bear                    | Myrna Ross         | Aqua Plush Throw          | Jeff Routhier      |
| Griddle                      | Pat Cote           | Microwave                     | Diane Rafferty     | Peanuts Basket            | Theresa Roman      |
| Brown Shoes                  | Donna Parkinsen    | Flower Picture                | Kevin Pope         | Set of Ghosts             | Carolyn MacCrae    |
| Taco Basket                  | Tammy Pugsley-Paul | Pineapple Cookie Jar          | Lisa Zeppieri      | Pink & White Afghan       | Ida Hall           |
| Brown Pocketbook             | Bob Bushey         | Nutcracker                    | Diane Rafferty     | Pumpkin Cookie Jar        | Chery Hall         |
| Cat Foot Stool               | Ronnie Crowley     | Sleigh                        | Fran Post          | Small Glass Swan          | Sue Melanson       |
| Ice Scraper                  | Chris Kissenger    | Penquin Blanket               | Maureen Pittello   | Clothespin Picture Hanger | Kathy Denton       |
| Coffee Maker                 | Maureen Pittello   | Hobby Horse                   | Theresa Roman      | African Mask              | Ramona Foster      |
| 2 Pillows with Old Cars      | Andrew Cokoce      | Wooden Cardinal               | Carolyn MacCrae    | Set of Ghosts             | Anne Scott         |
| Puppy Blanket                | Marcella Bartolo   | Mens Electric Shaver          | Mary Lanore        | Ceramic Pumpkin           | Pat Clark          |
| Cat Pillows                  | Doris Church       | Brown Teddy Bear              | Marion Hatfield    | Maroon Womens Slippers    | Judy Vredenburg    |
| Tan & Black Blanket          | Larry Hirsh        | Mr. Potato Head               | Rose Richmond      | Woman's Boots             | Christina Kenutson |
| Cat Cookie Jar               | Diane Rafferty     | Sea Monkey Magic Castle       | Felice Farber      | Swan Dish                 | Carol Steward      |
| Coffee Mugs/Cardinal         | Linda Gaccione     | Cranberry Throw               | Bill MacVicar      | Pink Stuffed Bear         | Gloria Hazard      |
| Crock Pot                    | Catherine Potter   | Green Plaid Throw             | Ida Hall           | Glass Cake Dish           | Dan Pirhala        |
| Mug with Cat & Dog           | Mary Lanore        | Cardinal Throw                | Cathy Robertson    | Soup Tureen               | Rose Richmond      |
| Goose Pillow                 | Doris Church       | Bird Feeder                   | John Colson        | Baby Quilt                | Winnie Weeden      |
| Large Food Basket            | Sylvia Costa       | Rudolph & Clarice             | Christina Kenutson | Amanda's Pantry           | Elly Gradilone     |
| Small Food Basket            | Ann Cody           | Big Bird                      | Pat Courtenmache   | Ace Hardware              | Holly Bridgham     |
| Popcorn Basket               | Jeannine Raymond   | Bird Santa                    | Andrew Cokoce      | Senior Center Bingo \$25  | Diane Rafferty     |
| 2 Boxes of Cookies           | Ronnie Crowley     | Women's Slippers              | Theresa Roman      | Honey Dew                 | Karen Balko        |
| Winnie the Pooh/Blanket      | Diane Rafferty     | Resin Cardinal                | Jean Brunelle      | Dunns Corner              | Judy Pont          |
| 3 Musketeer Candy Box        | Joan Scheverman    | Unicorn Blanket               | Chery Hall         | The Eatery                | Honore Feeney      |
| Toaster                      | Diane Rafferty     | Candle Set (3piece)           | Pat Cote           | Midway Pizza              | Karen Balko        |
| Hand Mixer                   | Maureen Pittello   | Doll                          | Diane Rafferty     | Kelly's Deli              | Paula Karner       |
| Portable Air Purifier        | Dan Pirhala        | Doodle Mat                    | Diane Rafferty     | Senior Center Bingo \$25  | Joan Matteson      |
| Baileys                      | Ramona Foster      | Assorted Toy Gift Basket      | Cathy Robertson    | Junk & Java               | Karen Balko        |
| Wine Glasses/Bottles of Wine | Holly Bridgham     | Stuffed Horse                 | Pete Ferland       | D'Angelos                 | Sue Melanson       |
| Lottery Tickets              | Carol Brough       | Men's Razor #2500             | Larry Hirsh        | D'Angelos                 | Pete Ferland       |
| Wax Warmer                   | Diane Rafferty     | White Santa                   | Pat Clark          | D'Angelos                 | Sue Melanson       |
| Bruins Glove Set             | Ann Songs          | Small Wax Warmer              | Christina Kenutson | Christina's               | Scott Hirst        |
| Mickey Mouse                 | Pete Ferland       | Large Santa                   | Marilyn Main       | Beach Street Café         | Laurie MacKenzie   |
| Wooden Duck Picture          | Diane Rafferty     | Spirograph                    | Linda Northup      | Cumberland Farms          | Rosemary Pelisslea |
| Medium Food Basket           | Kitty Scott        | Christmas Cup                 | Lisa Zeppieri      | Cumberland Farms          | Ann Marsh          |
| Hersheys Candy Box           | Ann Rita           | Christmas Dessert Set         | Cecile Salonia     |                           |                    |
| Patriots Glove Set           | Bob Bushey         | Staycation Basket             | Patty Lorenson     |                           |                    |
| Clock                        | Patty Lorenson     | Schitts Creek - 3 piece Set   | Chery Hall         |                           |                    |
| Lamp                         | Bill Montvilo      | Set of 4 Candles & Holder     | Diane Rafferty     |                           |                    |
| No Place Like Home           | Kathy Denton       | Small Snowman Basket          | Lisa Zeppieri      |                           |                    |
| Tractor Pillow               | Diane Rafferty     | Rocket 80's Car               | Theresa Roman      |                           |                    |
| Water Lily Blanket           | Theresa Roman      | Resin Turkey                  | Mike Smith         |                           |                    |
| Kitchen Basket               | Mike Smith         | Glass Pumpkin                 | Carolyn MacCrae    |                           |                    |

Tammy Pugsley Paul  
Money Jar Winner



# Congratulations

We have recently lost some long time, active Senior Center members and have been blessed by donations in their memory.

### Sally Gagnon

Sally was the secretary of the Board of Directors. Her family requested donations be made to our General Fund.

Many have been received.

### Bob Jones

The Monday Bridge Group made a donation to our Endowment Fund.

The Thursday Bridge Group made a donation to the Dr. Leong Fund for Social Services needs.

### Bernice (Petie) Sminkey

Many of her family and quilting friends have made donations to the general fund of the Center.

Thank you for your  
generous donations,  
very much appreciated.

**MEETINGS and PROGRAMS**

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

**AL-Anon Meeting:** Friday - 7:00pm

**Board Meeting** - The Board of Directors will be holding its monthly membership and business meeting on **Thursday, November 16th** at 1:15pm in the Conference Room.

**Book Club** - The Book Club meets on **Thursday, November 16th** at 1:00pm.

**Health Insurance - Blue Cross and Blue Shield** Thursday, November 16th at 2:00pm.

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

**Ninigret Quilters** also meet on Wednesdays at 9:00 am in the Center Craft Room. They also meet on Tuesday, **November 14th** at 7:00pm

**VFW** - Project Outreach of Westerly, sponsored by the VFW and DAV, will be offering assistance on **Tuesday, November 14th** from 11 - 12. A representative will be available to help with VA disability claims and health benefits.

**Visiting Nurse** - The Visiting Nurse will be at the Center on **Tuesday, November 28th** between 9:30am - 1:30pm 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 Jacobson, 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.



**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.



**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, James R. Urso - **Maintenance**  
Jerry Breault - **Van Driver**

PRE-SORT STD  
U.S. POSTAGE

**PAID**

PERMIT NO. 24  
Westerly RI 02891



The Westerly Senior Citizens Center  
39 State Street  
Westerly RI 02891

RETURN SERVICE REQUESTED



***WSSC 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.