

Westerly Senior Citizens Center

May 2025



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



RIPTA PHOTO IDs



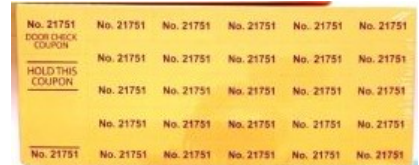
May 1st

10am until Noon



Springfest!

Including



Bake Sale, Breakfast, Penny Social
Saturday, May 3rd

Board Election - May 8th

Debra A. Cornell

Scott Bill Hirst

Dale Quattromani

Donna M. Parkinson

George H. Routhier

Judith A. Vredenberg

Candidates:



Monday	Tuesday	Wednesday	Thursday	Friday
			1 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9:00 RIPTA Photo ID 10-12 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 Italian Lessons 6:30 - 8 TOPS #3 6:00 - 8:00	2 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00
5 AA 7:30am Billiards 8:30 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 AA 7:00	6 AA 7:30am Billiards 8:30 Table Shuffleboard 9-12 Floor Shuffleboard 1:00 Mahjong 1:00 Music Group 1:00 AA 6:00 TOPS #18 6:30	7 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10:00 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 7:00 (Men)	8 AA 7:30am Billiards 8:30 Wood Carving 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	9 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 Scrapbook Moms 5:00 AA 7:00 Al-Anon 7:00
12 AA 7:30am Billiards 8:30 Mall Trip 9:00 Safe Driving 10-12 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 AA 7:00	13 AA 7:30am Billiards 8:30 Craft Group 10:00 - 12:00 Veteran's 11 - 12 Mahjong 1:00 Music Group 1:00 AA 6:00 Italian Lessons 6:30 - 8 TOPS #18 6:30 Ninigret Quilters 7:00	14 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10:00 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 7:00 (Men)	15 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9:00 Art Class 9:00 Board Elections 11-6 Bridge / Mahjong 1:00 Board Meeting 1:15 Line Dancing 1:30 Blue Cross 2:00 Cribbage 6:00 TOPS #3 6:00 - 8:00 Coin Club 6:00	16 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 Quilting 5:00 AA 7:00 Al-Anon 7:00
19 AA 7:30am Billiards 8:30 Bridge 1:00 Line Dancing 1:30 Yoga 1:30 AA 7:00	20 AA 7:30am Billiards 8:30 Mahjong 1:00 Music Group 1:00 AA 6:00 TOPS #18 6:30	21 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10:00 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 7:00 (Men)	22 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	23 AA 7:30am Billiards 8:30 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00
26 AA 7:30am <div style="text-align: center;"> CENTER CLOSED MEMORIAL DAY</div>	27 AA 7:30am Billiards 8:30 Visiting Nurse 9:30-1 Mahjong 1:00 Music Group 1:00 AA 6:00 Auto Club 6:00 TOPS #18 6:30	28 AA 7:30am Billiards 8:30 Ninigret/Dream Quilters 9:00 AA 10:00 (Women) Bridge 1:00 Tai Chi 1:30 - 2:30 Tai Chi 2:45 - 3:45 Bingo 6:30 (Sales end 6:20) AA 7:00 (Men)	28 AA 7:30am Wood Carving 8:30 Billiards 8:30 Pitch, "99" at 9:00 Art Class 9:00 Bridge 1:00 Mahjong 1:00 Line Dancing 1:30 Cribbage 6:00 TOPS #3 6:00 - 8:00	30 AA 7:30am Billiards 8:30 Mall Trip 9:00 Yoga 9:00 Cribbage 9:30 Mahjong 1:00 Corn Hole 1:30 AA 7:00 Al-Anon 7:00

The Westerly Senior Center

Reluctantly presents

'JOKES MY IRISH FATHER TOLD ME'

CARRIAGE INN

1065 Tower Hill Road, North Kingstown, RI

DOORS OPEN: 5:00PM

DINNER: 5:30PM

Italian Buffet: Chicken Parmesan, Meatballs, Pasta
Salad, Rolls and Butter

SHOWTIME: 6:30PM

Guests - \$35

Make checks payable to:

Westerly Senior Center by May 7th

Minibus sign up sheet at front desk by May 7th

All beverages will be cash bar

Come join in the fun, as comedian, story teller Dave Kane brings you a laugh filled presentation of jokes, one liners and stories that celebrate the warmth and resilience of the Irish sense of Humor.

Complete this puzzle and submit it to the Senior Center by May 15th!
One winner (must be a member) will be chosen & will receive a \$15 Gift Certificate to Walmart.

NAME _____ MEMBERSHIP # _____ PHONE NUMBER _____

The answers to the following questions is listed below. Write the letter of the answers on the line to the right of the question.

QUESTIONS:



- What is the national flower of Japan? _____
- Which flower is often associated with Valentine’s Day? _____
- What flower is the symbol of the state of California? _____
- Which flower is known as the “queen of the night”? _____
- Which flower has a fragrance used in perfumes, also known as the “flower of love”?

- What is the symbolic meaning of the sunflower? _____
- What does a yellow rose represent? _____
- Which flower is a symbol of purity and innocence? _____
- Which flower, when given, is thought to represent gratitude? _____
- In what country did tulips originate? _____
- The Edelweiss flower is found in which region of the world? _____
- Which country is the native home of the orchid? _____
- What part of the flower contains the reproductive organs? _____
- What is the term for the colorful part of the flower that attracts pollinators? _____
- What insect is responsible for most of the pollination in flowers? _____

ANSWERS:

- A. Bees
- B. Petals
- C. Cherry Blossom
- D. Night-blooming cereus
- E. Brazil
- F. Rose
- G. Adoration and Loyalty



- I. Pink Carnation
- J. The pistil and stamen
- K. Poppy
- L. Jasmine
- M. Turkey
- N. Friendship and Joy
- O. Lily



1

Alice Brennan
Edie Brooks
Donna Davis

2

Marian Balestri

3

Patricia Chrostowski
Eleanor Fuller

4

Melinda Boeglin
Robert Hoffman
Alan Petsching

5

Donald Libertore

6

Fran Sisk

7

Shirley Lovesky
John Turrisi

9

Brian Benoit

11

Robert Evans
Anna Iaconetti

12

Joanne Davis
Linda Guilfoil

13

Candace LaPietra
Donald Pereira

14

Joseph Hrycay
John McGregor
Francis O'Brien

16

Carol Brough
Nancy Lapre

17

Robert Bushey
Dorinne Meyer
Bobbi Servidio

18

Joan Freemer

19

Martha Beal
Christopher Lyman
Jean Nardone

20

David Brown
Charlene Dvzata
Debra Haggerty
Thomas Koczkodan
Joyce Ray

21

William Bliven
Cheryl Hoelck

22

Beth O'Connor

23

Marilyn Maine
Anne Marie Nienstedt
Robert Williams

24

Diane Pouliot
Patrick White

25

Joann Kudej
Sally Viara

26

Donna Parkinson
James Vetelino

27

Paul Hellweg
Dorothy Marra

29

Kenneth Ravenelle
Kelly Scott
Annthea Spinosa
Karen White

30

Julie Savage

31

Roy Jones
Shirley Sposato

Westerly Senior Citizens Center Menu		MAY		FOR RESERVATIONS CALL (401) 596-7216	
<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
			1	2	
			Fresh fruit Scrambled eggs Home fries Bacon & sausage Assorted muffins Chef salad	Vegetable soup Italian beef sandwich Roasted mixed vegetables Chips Watermelon Tuna salad plate	
5	6	7	8	9	
Escarole bean & sausage soup Chicken Diane Rice Florentine Green beans Ww roll Brownie Ham & cheese on rye	Minestrone soup Swiss steak Mashed potatoes Baby carrots Ww Roll Fresh melon Tossed salad w/ chicken	Vegetable lentil soup Pork chop Italiano Rice pilaf Peas & onion Ww roll Sliced pears Seafood salad sandwich	Tomato soup Stuffed meatloaf Mixed vegetables Roasted potatoes Roll Cookies Chef salad	Vegetable barley soup Pub burger Cole slaw Potato wedges Ww roll Mixed fruit Turkey sandwich	
12	13	14	15	16	
Tuscan white bean soup Shepards pie Mashed potato Ww roll Sliced peaches Chicken salad sandwich	Mushroom barley soup Grilled chicken Spanish rice Capri vegetable blend Ww roll Brownie Chef salad	Cabbage soup Pork shoulder w/ gravy Rice pilaf Green beans Ww roll Watermelon Tuna salad plate	Cauliflower tomato soup Open turkey sandwich Mashed sweet potatoes Stuffing Ww bread Cake Tossed salad w/ chicken	Chicken soup Cheesy baked pasta/sausage Roasted zucchini Ww garlic roll Pineapple chunks Corned beef on rye	
19	20	21	22	23	
Vegetable lentil soup Meatball/pepper sandwich Potato wedges Cole slaw Watermelon Roast beef on roll	Escarole & bean soup Creamy Tuscan chicken thighs Mixed vegetables Rice pilaf Ww roll Sliced pears Chicken salad plate	Tomato soup Honey garlic pork tenderloin Mushroom rice pilaf Buttered corn Ww Roll Brownie Seafood salad sandwich	Vegetable soup Beef tips w/mushroom gravy Mashed potatoes Baby carrots Ww roll Cake Chopped salad w/chicken	Chicken escarole soup Chicken marsala Roasted potatoes Brussel sprouts Ww roll Peaches Tuna salad plate	
26	27	28	29	30	
	Kale & bean soup BBQ chicken Roasted potatoes Green beans Ww roll Fresh fruit Turkey sandwich	Meatball soup Crustless chicken pot pie Mashed potatoes WWroll Oatmeal Cookies Italian grinder	Split pea soup Stuffed pork chop Rice Pilaf Zucchini w/tomatoes WW roll Fruit Cocktail Tossed salad w/grilled	Creamy chicken tomato soup Fish sandwich Cole slaw Sliced potatoes Ww roll Cake Corned beef on rye	



Project ♥ Linus

Carol, a local liaison for Project Linus is so very thankful for the many blankets that have been donated since our partnership with them began.

Carol shared that the blankets are given to hospitals in Rhode Island and DCYF for children in their care.

We learned that financial donations as well as hand made hats are also accepted.

Checks made out to **PROJECT LINUS** may be left at the Reception Desk or given to Don Reynolds Executive Director

**Donna Becker
Donna Cambell
Aleka Chase
Lee Couture
Cathy Cromie
Elizabeth Eastwood
Richard Frustere
Pete Nadeau
Renee Picillo
Diane Pouliot
Carole Saretzki
Fran Sisk
Jessica Sommar
Loretta Ultsch
Linda Webber**



AARP SAFE DRIVING COURSE

May 12th

10am - 2pm

Call the Reception Desk to reserve a spot



AARP PRESENTS



THE SIX PILLARS

OF BRAIN HEALTH

Regular Exercise

Mental Stimulation

Social Engagement

Quality Sleep

Stress Management

Nutritious Diet

All these habits are linked to improved memory and thinking skills while lowering the risks of dementia.

JUNE 4, 2025 @ 11:00AM

WESTERLY SENIOR CENTER
39 STATE STREET, WESTERLY

MEETINGS and PROGRAMS

AA Meetings: Sunday - Saturday at 7:30a

Mondays 7:00p
Tuesdays 6:00p
Wednesdays 10a & 6:00p (Women), 7p (Men)
Fridays at 7:00p
Saturdays at 7:00p
Sundays at 5:00p & 7p
New members are welcome!

AL-Anon Meeting - Friday - 7:00p

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

Ninigret Quilters - meet on Wednesdays at 9:00am. They also meet on Tuesday, **May 13th** at 7:00pm

VFW - Project Outreach of Westerly
The councilor will be here on
May 13th
11:00 - 12:00

Visiting Nurse - The Visiting Nurse will be at the Center on **Tuesday, May 27th** 9:30 - 1:00 for blood pressure screenings and other health concerns.

The Winner of March's Puzzle

Nadine Sposato



BINGO - Wednesday / Sunday

Warm Ups @ 4:45pm
Regular Session @ 6:30pm
Sales end @ 6:20pm

Center Van - The Center van is available Tuesday - Thursday for shopping, hairdresser, barber, banking, and nursing home visits. Contact Edie, 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.

RIPTA BUS INFORMATION - Please call: 401-781-9400, Monday - Friday 7am - 6pm.

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, free of charge.



Mall Trips

Monday May 12th @ 9:00
Friday May 30th @ 9:00

Call Edie to make a reservation
@ 401-596-7216

Westerly Senior Citizens Center Board of Directors:
George Routhier - President, Wayne Bartolo - Vice President,
Judy Vredenburg - Treasurer, Donna Cota - Secretary,
Robin Buck, 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, Sharon Ahern, Gianna Scarano - Administrative Assistants
Joan Freemer - Kitchen Supervisor
Nicholas Lamotte - Custodian / Jerry Breault - Van Driver

Carolyn MacCrae - Newsletter Editor

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The Westerly Senior Citizens Center
39 State Street
Westerly RI 02891

RETURN SERVICE REQUESTED



WSCC 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.