

THE JOHNSTON SENIOR CENTER

1291 Hartford Ave. Johnston, RI 02919

401-944-3343

Directors Report:

Dear Members and Friends of the Johnston Senior Center,

The Holidays and Winter season certainly have their charm, but there is no more special time than Spring, with its hope for renewal and rejuvenation. This time of rebirth has inspired many to share words of celebration for the coming of Spring, and all it represents. Here at your Johnston Senior Center, we are tirelessly preparing so many new programs and activities which we hope will enrich your lives. I, and the staff, are excited about all we have been planning. Please stop in to see us, bring a friend, and enjoy all we have to share with you.

Sincerely,

Richard DeFino

Executive Director



A MESSAGE FROM THE MAYORS DESK:

DEAR SENIORS,

AS THE MAYOR OF JOHNSTON, IT BRINGS ME GREAT JOY TO CONNECT WITH YOU THROUGH THIS NEWSLETTER FOR THE FIRST TIME. THE JOHNSTON SENIOR CENTER PLAYS A VITAL ROLE IN OUR COMMUNITY, PROVIDING A SPACE FOR FRIENDSHIP, FUN, LEARNING, AND ENRICHMENT.

I AM CONTINUALLY INSPIRED BY THE RESILIENCE AND SPIRIT OF OUR SENIORS. YOUR WISDOM AND EXPERIENCE ARE INVALUABLE ASSETS TO OUR TOWN AND STATE. AS WE ENTER SPRING, I ENCOURAGE YOU TO EMBRACE THE OPPORTUNITIES THAT COME YOUR WAY, WHETHER IT'S PARTICIPATING IN ACTIVITIES LIKE BINGO, HIGH LOW JACK, OR LINE DANCING AT THE CENTER OR SIMPLY ENJOYING THE BEGINNING OF A NEW SEASON.

I EXTEND MY IMMENSE GRATITUDE TO THE SENIOR CENTER STAFF, VOLUNTEERS, AND ITS MEMBERS WHO MAKE IT A POSITIVE AND WELCOMING PLACE FOR ALL. THEIR DEDICATION, LOYALTY, AND COMMITMENT DO NOT GO UNNOTICED. IT IS COMMENDABLE HOW JOHNSTON'S SENIORS HAVE CREATED A UNITED AND WELCOMING ENVIRONMENT WHICH HAS MADE JOHNSTON HOST TO ONE OF THE BEST SENIOR CENTERS IN THE ENTIRE STATE. I LOOK FORWARD TO SEEING ALL THAT WE WILL ACCOMPLISH TOGETHER IN THE DAYS AHEAD.

THANK YOU FOR YOUR DEDICATION TO MAKING OUR SENIOR CENTER A PLACE WHERE EVERYONE FEELS VALUED AND INCLUDED. YOU CAN EXPECT TO SEE MORE FROM THE 'MAYORS DESK' IN THE COMING EDITIONS OF THE NEWSLETTER.

THANK YOU FOR BEING AN INTEGRAL PART OF OUR COMMUNITY,

**JOSEPH M. POLISENA, JR.
MAYOR OF JOHNSTON**

March / April 2024

A MESSAGE FROM OUR ADVISORY BOARD:



THE NEW JOHNSTON SENIOR CENTER ADVISORY BOARD IS NOW IN PLACE, CONSISTING OF SEVEN MEMBERS. FIVE OF OUR MEMBERS HAVE BEEN PROPOSED AND APPROVED BY THE TOWN COUNCIL AND THEY EACH REPRESENT A DIFFERENT DISTRICT OF OUR TOWN. THE OTHER TWO MEMBERS HAVE BEEN APPOINTED BY THE MAYOR. THE BOARD WILL MEET REGULARLY WITH DIRECTOR RICHARD DELFINO TO DISCUSS OVERALL ISSUES AFFECTING THE CENTER.

Chairman, Robert Piscione
Vice Chairman, Arnold Vecchione
Secretary, Jacqueline Grasso
Steven Mallane, Barbara Vachon, Joyce
Carnavale, Donna Folcarelli.

STAFF DIRECTORY :

**EXECUTIVE DIRECTOR:
RICHARD DELFINO**

**OPERATIONS MANAGER:
ROBERT PISICONE**

**DIRECTOR OF SECURITY:
CARMINO DIROBBIO**

**PROGRAM COORDINATOR:
ELLEN TREMENTOZZI**

**SOCIAL SERVICES COORDINATOR:
MEGAN FEENEY**

**OFFICE ADMINISTRATOR:
PAT BERGANTINO**

**RECEPTIONIST & OFFICE
ADMINISTRATOR:
GAIL KRIKORIAN**

**RECEPTIONIST:
DIANE HARPIN**

**FOOD SERVICES SUPERVISOR:
KATHY YANKEE**

**FOOD SERVICES ASSISTANT:
LYNN CIANCI**

**CUSTODIAL MANAGER:
GARY DELSIGNORE**

MARCH

UPCOMING TRIPS & ACTIVITIES

- March 5th: Knotty Oak Room at Coventry High School. Bus departs at 10am. Lunch will be for purchase.
- March 7th: Morgan Rehabilitation & Healthcare Center Blood Pressure Clinic. 11am - 1130am.
- March 11th: Presentation from RI Department of Health: "Personal Preparedness 101" at 1pm.
- March 12th : Presentation from the Office of the Attorney General Elder Justice Team at 1pm.
- March 12th: Ballroom Dancing, 1pm - 3pm.
- March 14th : Johnston Fire Fighters Blood Pressure Clinic, 9am - 12 noon.
- March 18th: Biomes Marine Biology Center. Bus departs at 10am.
- March 19th: RISDE Museum. Bus departs at 10am. \$15 per person.
- March 26th: Book Club Meeting at 10am. It Starts With Us, By: Colleen Hoover.
- March 26th: Movie & Lunch. \$10 per person for movie ticket. Lunch will be for Purchase.
- March 27th: Personal Safety & Crime Prevention Class, 6-8pm.
- March 27th: Mystery Lunch. Bus departs at 11am.
- March 28th: URI Blood Pressure Clinic.
- March 29th: Center will be closed in observance of Good Friday.

**NEW CLASS:
MONDAY NIGHTS
AT 6PM
YOGA & PILATES**

APRIL

- April 1st: Center will be closed in observance of Easter.
- April 2nd: Phantom Farms. Bus departs at 10am.
- April 4th: Morgan Rehabilitation & Healthcare Center Blood Pressure Clinic. 11am - 1130am.
- April 9th: Ballroom Dancing, 1pm - 3pm.
- April 11th: Johnston Fire Fighters Blood Pressure Clinic, 9am - 12 noon.
- April 11th: Capital Ridge Cooking with Lucy. Presentation starts at 1030am.
- April 17th: Presentation from RI Legal Services at 1pm. Please register with the front desk.
- April 20th: Follies with Fran: Lunch & a Show, 12pm - 4pm. \$25 per person.
- April 24th: Mystery Lunch. Bus departs at 11am.
- April 25th: URI Blood Pressure Clinic.
- April 30th: Book Club Meeting at 10am. Convent of Water, By: Abraham Verges.

**WEEKLY ACTIVITY
SCHEDULE:**



Monday	Tuesday	Wednesday	Thursday	Friday
<----- 9am Walk Away the LBS ----->				
1030am Arts & Crafts	930am Quilting	10am Zumba	930am Mahjong	10am Lince Dancing
1230pm Hi Lo Jack Poker		11am Fit & Strong	10am Chair Yoga	11am Fit & Strong
6pm Yoga & Pilates		1230pm Hi Lo Jack Poker	11am Bone Builders	2pm Bingo
			2pm Bingo	

SOCIAL SERVICES

The Social Services Office is here to provide a wide range of help and services to members of our community. Walk-Ins are welcomed **Tuesday - Friday from 930am - 2pm** or by appointment. Please contact Megan at extension 103 for appointments.

Some of our services include help with the following topics:

SNAP/EBT Applications, Housing Applications, Heating Assistance, Medicare, Property Tax Relief & other case by case needs!

THE SOCIAL SERVICE OFFICE HAS PUT TOGETHER THE FOLLOWING PRESENTATIONS, IF INTERESTED IN ATTENDING, PLEASE SIGN UP WITH THE FRONT DESK!

- JOIN THE RI DEPARTMENT OF HEALTH ON **MARCH 11TH AT 1PM** FOR SPECIAL PRESENTATION ON PERSONAL PREPAREDNESS. LEARN HOW TO PREPARE FOR ANY EMERGENCY, GET TIPS, TOOLS, AND RESOURCES TO HELP YOU PLAN. ENGAGE IN PERSONAL PREPAREDNESS ACTIVITIES, BUILD YOUR OWN EMERGENCY KIT AND MORE!
- JOIN THE OFFICE OF ATTORNEY GENERAL, ELDER ABUSE UNIT ON **MARCH 12TH AT 1PM** FOR A PRESENTATION ON TOPICS THAT TODAY'S OLDER ADULTS FACE EVERY DAY. IN TODAY'S WORLD, ELDER ABUSE COMES IN ALL FORMS, FROM PHYSICAL VIOLENCE TO FINANCIAL EXPLOITATION, WITH PERPETRATORS RANGING FROM FAMILY MEMBERS TO FOREIGN SCAM ARTISTS. TOPICS OF DISCUSSION WILL INCLUDE ABUSE, FRAUD SCHEMES, CURRENT SCAM TRENDS, IDENTITY THEFT AND RESOURCES AVAILABLE TO PROTECT OLDER ADULTS FROM BECOMING A VICTIM.
- JOIN RHODE ISLAND LEGAL SERVICES: ELDER PROTECTION UNIT ON **APRIL 17TH AT 1PM** FOR A SPECIAL PRESENTATION. ARE YOU AN ELDER FACING FINANCIAL EXPLOITATION, PHYSICAL AND MENTAL ABUSE, ABANDONMENT AND NEGLECT? IF YOU ANSWERED "YES" TO ANY OF THESE, THEN YOU SHOULD SPEAK WITH SOMEONE ABOUT GETTING HELP. THIS IS AN INFORMATIONAL PRESENTATION REGARDING YOUR RIGHTS AS AN ELDER.

IMPORTANT ANNOUNCEMENTS:

- THE CENTER WILL BE CLOSED ON **MARCH 29TH** AND **APRIL 1ST** IN OBSERVANCE OF EASTER.
- PLEASE STOP BY THE FRONT DESK AND UPDATE YOUR EMAIL ADDRESS AND PHONE NUMBER. FOR THOSE WHO WOULD LIKE TO OPT IN TO RECEIVE AN ELECTRONIC NEWSLETTER, AS WELL AS TEXT MESSAGES FROM THE CENTER PLEASE SEE MEGAN IN THE SOCIAL SERVICES OFFICE.
- PLEASE JOIN US FOR OUR FIRST PERSONAL SAFETY & CRIME PREVENTION PRESENTATION CLASS SPONSORED BY UNITED HEALTH. THE CLASS WILL BE INSTRUCTED BY STEPHEN LOMBARDI WHO IS A RETIRED LAW ENFORCEMENT PERSONNEL, SELF DEFENSE INSTRUCTOR WITH A SPECIALTY IN ELDER CRIME AND INVESTIGATION.

THE CLASS WILL BE HELD ON **MARCH 27TH** FROM **6-8PM** AND WILL COVER TOPICS OF SITUATIONAL AWARENESS, STREET SAFETY, AT HOME SAFETY, FRAUD, SCAMS, AND MORE! PLEASE SIGN UP WITH THE FRONT DESK!

MARCH LUNCH MENU:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Tomato Soup Beer battered fish Rice pilaf Green beans Sliced ww bread Pineapple chunks Roast beef on roll
4 Vegetable soup Chicken cordon bleu Rice florentine Sautéed vegetable Multi grain roll Pudding Seafood salad on wheat	5 Chicken escarole soup Top sirloin roast Roast potatoes Zucchini w/ potatoes Jello WW Roll Chef Salad	6 Vegetable lentil soup Roasted chicken thigh Green beans WW roll Sliced pears Turkey & Swiss cheese	7 Kale & bean soup Meatloaf w/ gravy Mashed Potatoes Mexed veg - roll Cake Chicken salad plate	8 Roast cauliflower sup Potato crusted fish Rice pilaf Pease & Carrots Fresh fruit - ww roll Tuna salad plate
11 Chicken soup Lasagna roll up w/ meat sauce Sautéed Italian veg Garlic bread Tropical fruit Egg salad sandwich	12 Navy bean soup w/ veg Chicken franceses Green bean w/ stewed tomatoes Spanish rice Lorna doone cookie Seafood salad sandwich	13 Vegetable barley soup American chop suey Roasted yellow squash Sliced peaches-ww roll Spinach salad w/ chicken	14 Irish potato soup Corned beef Cabbage & Carrots Boiled potatoes Irish soda bread Brownie	15 Clam Chowder (red) Baked fish cole slaw Rice pilaf Pudding - ww roll Tuna salad plate
18 Minestrone soup Baked chicken topped w/ eggplant bolognese Roasted potato Chocolate cake - ww roll Roast beef on roll	19 Vegetable barley soup Pub burger w/ cheese Sliced roasted potatoes Cole slaw WW roll- Pudding Chicken salad on rye	20 Chicken & rice soup Pork roast w/ gravy Mixed vegetables Mashed potatoes Watermelon- ww roll Greek salad w chick	21 Escarole bean sup Veal & pep sand Marinated vegetable salad WW roll - fresh fruit Tuna Sandwich	22 French onion soup Fish filet sandwich Cole Slaw Potato wedges WW roll- cookie Chef Salad
25 Chicken soup Shepards pie Mashed potatoes Pudding - ww roll Turkey sandwich on ww	26 Turkey soup w/ veg Meatball sandwich 3 bean salad Roll- cake Cobb salad	27 Tomato soup Crustless chick pot pie Mashed potatoes WW roll - fig newton Corned beef on rye	28 Veg lentile soup Balasmic pork tenderloin Sweet mashed pot. Mixed veg WW roll - fruit Ham & Swiss	29 Fish chowder Fish cakes Rice pilaf, carrots Pears - ww roll Egg salad plate

Feautred Recipes:

A QUICK NO-COOK BREAKFAST THAT YOU CAN PREP AHEAD FOR AN EASY GRAB AND GO OPTION!



Brain Teaser:

	3	1	2				6	9
		2		8	4		5	
5		9	6					
3	9	6	7	4	5	1		
1		7	8					
2	8				6	5		3
4	1		3			6		
7			4	2				5
		8					3	4

Why is it important to exercise your brain?

Just like we exercise our bodies to keep it in good working order, research has shown that it is equally important to exercise our brain to keep it sharp and healthy!

-Flushing Hospital Medical Center-

A very special thank you to all who made the valentines day party a great success:

Steve Anthony, Peter Lombardi, Lorane from Cherry Hill Manor, Elaine from Morgan Health Center, Cherry Hill Florist, Debra Quiles, Elizabeth from Panera, Gloria Renzi, & The Original Italian Bakery.

CINNAMON - ROLL OVERNIGHT OATS

BY: CAROLYN CASNER

INGREDIENTS:


- 2 1/2 CUPS OLD-FASHIONED ROLLED OATS
- 2 1/2 CUPS UNSWEETENED NONDAIRY MILK, SUCH AS ALMOND OR COCONUT
- 6 TSP LIGHT BROWN SUGAR
- 1 1/2 TSP VANILLA EXTRACT
- 1 1/4 TSP GROUND CINNAMON
- 1/2 TSP SALT

DIRECTIONS:

STIR OATS, MILK, BROWN SUGAR, VANILLA, CINNAMON AND SALT TOGETHER IN A LARGE BOWL. DIVIDE AMONG FIVE 8-OUNCE JARS. SCREW ON LIDS AND REFRIGERATE OVERNIGHT OR FOR UP TO 5 DAYS.

****ADJUST RECIPE AS YOU SEE FIT FOR PERSONAL HEALTH AND DIETARY RESTRICTIONS****

THANK YOU TO OUR SPONSORS:



Town Of Johnston
Mayor Joseph Polisena, Jr

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Linda L. Folcarelli
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State of Rhode Island

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