

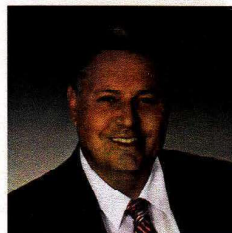
JOHNSTON SENIOR CENTER  
1291 Hartford Ave., Johnston, RI 02919  
401-944-3343



January-February

# Johnston Senior News

## Director Report



I am very happy to have been offered this opportunity to serve as Executive Director of the Johnston Senior Center. In this very short time, I have witnessed the dedication and commitment of many staff and volunteers who I see contribute to a caring environment in this most beautiful location. I have had the occasion to speak with many members, and look forward to meeting all who visit our center and participate in the many programs and services offered. I am excited about being part of this thriving community and working along side you all as we build and improve on all that is great at the JSC.

I wish you and yours a Joyous and Healthy New Year!

Richard

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The JSC staff would like to wish you all a  
very Happy 2023!

*Happy  
New Year*

## STAFF

### Director

Richard Delfino  
Ext 100

### Assistant Director

Denise Bell  
Ext 101

### Center Supervisor

Jacqueline Bell-Conroy  
Ext 102

### Social Services 103

Madeline Ravenelle

### Program Coordinator 105

Ellen Trementozi  
Activity Assistant  
Pat Bergantino 107

### Reception desk 114

Cathie Jeffrey  
Gail Krikorian

### Kitchen 109

Jen Chase  
Joe Fanning  
Roberta Strezo

### Maintenance

Kathy Yankee

### Security

Carmino DeRobbio

# WEEKLY SCHEDULE

## MONDAY

9-9:30 Walk away the LBS  
 9:30 Arts & Crafts  
 12:00 LUNCH  
 12:30 Hi Lo Jack

## TUESDAY

9-9:30 Walk away the LBS  
 9:30 BOCCI in season  
 10:00 Tai Chi 8 wks  
 12:00 LUNCH  
 1:00 Italian Class 6wks

## Wednesday

9-9:30 Walk away the LBS  
 9:30 QUILTING  
 9 30 BOCCI in season  
 10:00 ZUMBA  
 11:00 Fit & Strong –Chair  
 12:00 Lunch

## THURSDAY

9-9:30 Walk away the LBS  
 9:30 BOCCI in season  
 9:30 Mar Jong  
 10:00 Chair Yoga  
 12:00 Lunch  
 2:00 BINGO

## FRIDAY

9-9:30 Walk away the LBS  
 10:00 LINE DANCING  
 11:00 Fit & Strong –Chair  
 12:00 LUNCH  
 2:00 BINGO

**New 8-week Tia Chi session with Deborah Leong**

Start Date Tuesdays January 10th -February 28th

Cost is \$24.00 per session

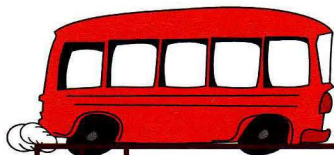
**New 8– week Chair Yoga Session with Roberta Preziosi**

Start Date Chair Yoga Thursday January 12th - March 2nd {

Cost is \$24.00 per session

Register at the Reception Desk or with Ellen





## UPCOMING TRIPS

**Wednesday, January 25th :**

**Mystery lunch 11:30am \$10.00 pp**

**Tuesday, January 31st:**

**"Lunch & A Movie" \$15.00**

**~Lunch at the Asian Grill followed by A movie (TBA) @ Lincoln Mall**

**Wednesday, February 22nd :**

**Mystery lunch 11:30am \$10.00pp**

### **Trip Policy:**

- **Each Trip participant is responsible to sign a "JSC Trip Release Form" at time of registration.**

**Contact Ellen for trip information. 401-944-3343x105**

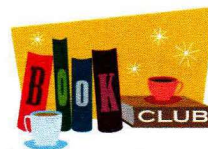


### **Wine & Paint Night**

**Wednesday January 11, 2023 @ 6pm Lorraine will be here to help us create another masterpiece. We always have a great time painting and enjoying a glass of wine and snacks.**

**The cost is just \$20.00 per person. This is always a popular event, so please call Ellen to reserve your spot.@ 401-944-3343 .**

### **JSC Book Club**



**January 31, 2023**

**Our Missing Hearts**

**By: Celeste Ny**

**February 28, 2023**

**Rock Paper Scissors**

**By: Alice Feeny**

**Contact Mary if you are interested in joining this club. 401-825-7725**

**We are so grateful for the support  
from the community.**

As we plan the activities and events for our members and friends we are always able to reach out to many businesses and agencies to help us along the way to make everything we do fun and entertaining for everyone.

They donate all sorts of things to us as needed for each special time, whether a dinner dance, a holiday party , or a fundraiser. We are blessed to have so many that are a consistent resource of support for the JSC. This years Christmas Party was an example of those we want to thank! We ended the year with a happy time to get together and it was a big success.

The JSC Christmas Party was a wonderful time for our members to enjoy a festive atmosphere of music and singing by the **JHS chorus and band under the direction of Matthew Gingras**. There were 130 people in attendance to celebrate the holiday. They enjoyed delicious Christmas cookies donated by **Lorraine DeLorenzo from Cherry Hill Nursing & Rehab Center**, along with apple cider.

Lunch was served while **Gregory Ayriuan** entertained the crowd with relaxing dinner music of Christmas tunes on his violin and viola. **Tracy from Morgan Health Center** donated a beautiful sheet cake which was served for dessert

A great big **Thank You** to all others who donated raffle items for the event, to help make it a great occasion. To **Dave's Marketplace** for the gift cards which were used to purchase beautiful Baskets , John Dick from **Atwood florist** for the lovely Christmas centerpiece, Don from the **Original Italian Bakery** for the gift cards, to **Michael Mangasarian** From the **Bridge at Cherry Hill** for the very nice raffle basket, and **Governor Francis Inn** for the **restaurant gift card**.

We also had a time to thank our volunteers with a get together we called the "After Party" The volunteers are an amazing asset to us in many ways every day, therefore we had a time to celebrate them. They were able to sit out from their "work" that day to enjoy the party for themselves. They enjoyed special desserts of cheesecakes and carrot cake donated by Greggs Restaurant in North Kingstown and had eggnog. The JSC Staff took time from their regular duties and decided to be the servers for the day. They always go the extra mile for our members, So a great big thank you too them!



# SERVING SIZES

Grains – 2 ounces  
Vegetables – ½ cup  
Fruits – ½ cup  
Protein – 3 ounces  
Dairy – 1 cup

# January 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Happy New year</b>  9 Minestrone soup Meatball sandwich Orzo pasta salad Fresh fruit Multi grain roll Chicken salad on wheat roll	Vegetable soup Tossed salad Chicken n gravy Mixed vegetables Biscuit Fresh fruit Seafood salad on wheat roll  10 Tomato Soup French onion baked chicken Roasted potatoes Sliced carrots / garlic bread Pudding Salami, ham & cheese / wheat roll  17 Navy bean soup Sausage & pepper sandwich Zucchini w/carrots W. Wheat roll Pudding Chicken salad on rye	4 Chicken noodle soup Pepper steak Mashed potato Roasted zucchini w/carrots Italian bread (whole wheat) Chocolate chip cookie Chef salad  11 Mushroom barley soup Shepherd's pie Mashed garlic potatoes Sliced pears w. wheat roll Chicken Caesar salad  18 Cream of mushroom soup Sloppy joe Cole slaw Pasta salad Whole wheat roll - cookie Turkey & Swiss/whole wheat	5 Tomato soup Salisbury steak w/gravy Roasted sweet potato Green beans Snowflake roll Sliced pears Turkey on Multi grain bread  12 lentil soup Creamy pork chop Sweet potato Mixed vegetables Whole wheat roll /cookie Tuna salad plate  19 Chicken soup Pork roast w / gravy Mashed potato Mixed vegetables Mixed fruit - roll Spinach salad w/ chicken	6 Mediterranean rice salad Fish stew WW Roll Fruit Roast beef sandwich  13 Cream of Broccoli soup Chicken cacciatore Green beans Baked potato Roll – Fruit Cobb salad  20 Kale & bean soup Chicken parm Roasted Italian vegetables Garlic bread (ww) Fruit salad Tuna salad on ww bread
16 <b>Closed</b>	24 Lentil soup Breaded chicken thigh w/gravy Fingerling potatoes Green beans Multi grain roll - pudding Egg salad on multi grain roll  31 Greek cucumber salad Sautéed beef w/mushroom grvy Mashed potato Sautéed spinach Cake- roll Sliced turkey on Rye	25 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ multi grain bread Seafood salad plate  26 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread	27 Fruit cup Tossed salad Beef stew Biscuit Chef salad Short bread cookie	
23 Chicken noodle soup Tossed salad Baked rigatoni w/ sausage & meatballs Garlic bread -Fruit cup Ham & cheese on multi grain	24 Lentil soup Breaded chicken thigh w/gravy Fingerling potatoes Green beans Multi grain roll - pudding Egg salad on multi grain roll  31 Greek cucumber salad Sautéed beef w/mushroom grvy Mashed potato Sautéed spinach Cake- roll Sliced turkey on Rye	25 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ multi grain bread Seafood salad plate  26 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread	27 Fruit cup Tossed salad Beef stew Biscuit Chef salad Short bread cookie	
30 Beef vegetable soup Chicken Scarpariello w/ sausage & potatoes Mixed vegetables Fruit – ww roll Chicken sandwich on ww roll	24 Lentil soup Breaded chicken thigh w/gravy Fingerling potatoes Green beans Multi grain roll - pudding Egg salad on multi grain roll  31 Greek cucumber salad Sautéed beef w/mushroom grvy Mashed potato Sautéed spinach Cake- roll Sliced turkey on Rye	25 Tomato soup Swedish meatballs Mashed potatoes Sliced carrots Fresh fruit/ multi grain bread Seafood salad plate  26 Minestrone Soup Open turkey sandwich w/gravy Stuffing Cole slaw – sliced bread Oatmeal cookie Corned beef on Rye bread	27 Fruit cup Tossed salad Beef stew Biscuit Chef salad Short bread cookie	

# Uploading Pictures & Videos

## Steve McGrath Photography is offering this new "Face Book "class

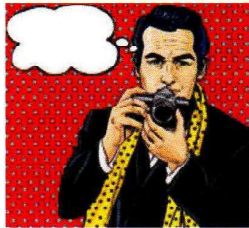
Are you new to Facebook or just getting started? Learn how to use the popular social media site to safely connect with family and friends. You will leave this hands-on class having learned how to Upload Pictures and Videos, how to Share them as well with your friends and family.

We'll also review the recommended privacy settings and you'll leave this training with the knowledge on how to navigate confidently through the website.

If you do have a pre-existing account that is fine too! Also bring your Laptop or tablet or even your smart phone so you can access FB during the Classes!

**\*This will be a 3-class session. Dates are January 17, 24, and 31, 2023 at 11-12pm.**

**\*Please Contact the Center for information or to register for this class @ 401-944-3343**



**A 5-week Photography session will be held on**

**Tuesday January 17, 2023 - February 14, 2023 @ 9:30-11:00am**

Now that the holidays are over and life has quieted down a bit, this may be the perfect time to try this creative fun class. We will be offering a 5- week photog-

raphy class with "Steve McGrath Photography"!

The class will consist of 3 Classroom sessions along with 2 "On Location" Shoots.

You will learn when and how to use special features on a Digital /Point & Shoot Camera or your Smartphone. Also covered will be basic composition and best use of light for different situations, such as plant, people, wildlife and landscape photography. If you ever wanted to be a shutter bug, this is your chance! The cost is only \$50 for the entire 5 week session !

We have framed Photos from previous classes on display in the JSC Café for viewing if interested.

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## A great big shout out to the JSC Giving Quilting Group

The group has been making and donating quilts since 2009. Quilts are bedcovers, wrap arounds which provide warmth, comfort & memories.

A gift of a quilt is special as it is made with friendship and love. The donations go to Group Homes, Veterans Homes, Churches, Orphanages and nursing Homes. Through the years they have donated over 500 quilts!

If you like to sew and are interested in joining this group call the JSC at 401-944-3343



## SOCIAL SERVICE CORNER

AARP tax aide will be here at the JSC Wednesdays beginning February 1, through April 12, 2023 to prepare Federal and State Income Tax's. You will need to make an appointment by calling the center at 401-944-3343. You also will need to bring your last years filed tax papers with you along with your ID and all documents from 2022 income.

February is the time to file the Property Tax 1040H Forms (TAX Relief). This is for people who DO NOT file federal Income Tax. You may qualify if your household income is \$30,000 or less. When you receive your SSA 1099 form.( 2022 Awards Letter) give Madeline a call to assist you at

If anyone still needs assistance with applications for Heating Assistance (monthly income below \$2689 single or \$3516 couple), or Medicaid, Snap, Housing or any other programs give us a call. We will be happy to assist you and answer any questions you may have.

Call Madeline at 401-944-3343.



Thank You to all who donated to the Coat Drive. .... And to Pat Durand for the donation of the homemade winter hats. There are many people who will be warm this winter because of your generosity. It was a great success!



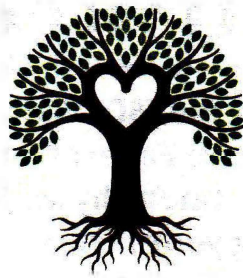
### Remote Notary Available

While JSC accepts documents via email or fax, the many requirements for a Notary to witness signatures, this remains in place for certain documents. JSC now offers remote notarization for documents. Members who would like to use remote Notary services should call the center @ 401-944-3343 or email Algeria at [avaughnbaily@gmx.com](mailto:avaughnbaily@gmx.com) and request a video conference for Notarization.

\*Available times are Monday –Thursday 9:00am-11:45am

Friday By Appointment

Johnston Senior Center  
1291 Hartford Ave  
Johnston RI 02919  
[www.jscri.org](http://www.jscri.org)



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