



## A Message from The Executive Directors Report:

Dear Members and Friends of the Johnston Senior Center,

My hope is that this message finds you and yours healthy and happy, and that in some way, the Johnston Senior Center has offered support and assistance that has enriched yours or another's life. I am happy to continue to report that the Johnston Senior Center remains on solid financial ground, thanks to the work of so many hard working staff and volunteers. Our town government, particularly our Mayor Polisena, supports us in so many ways and for that we are forever grateful.

Programming of all sorts is at an all time high, and our events, trips, and exercise programs are always full. More and more people are visiting and then joining. We are fortunate to have one of the most beautiful and vibrant centers in all of Rhode Island. Please visit or make a referral of someone who could use some positive reassurance. Thank you again for all you are to all of us, and enjoy this beautiful time of year.

Sincerely, Executive Director Richard DelFino



## A Message from The Mayor's Desk:

Dear Johnston Seniors,

I hope this message finds you well. I want to take a moment to extend my thanks to the dedicated staff at the Johnston Senior Center. Their hard work and commitment have truly made the center a welcoming and an enjoyable place for all. It's wonderful to see memberships increasing significantly, and that's a testament to the outstanding programs and activities that are organized and provided. I am also grateful to our seniors for actively participating in the programs, activities, and events. Your enthusiasm and support are what make our senior center a unique, vibrant, and engaging place.

I also have some exciting news to share! Mark your calendars for August 6th from 5:00pm to 8:00pm for the Johnston Police Department's National Night Out at Johnston Memorial Park. This is a fantastic, free event for all Johnston residents, families, and children. Come join us for a fun-filled evening featuring a cookout, face painting, a bouncy house, petting zoo, rock wall, touch-a-truck, dunk-a-cop, and so much more. It's a great opportunity to connect with our community, Johnston police officers, and enjoy a night out with friends and family.

Looking forward to seeing you there.  
Mayor Joseph M. Polisena, Jr.



## Staff Directory:

|  |  |  |   |
|--|--|--|---|
| Executive Director<br>Richard DeFino<br>401-944-3343 X1            | Operations Manager:<br>Robert Piscione<br>401-944-3343 X2  | Director or Security:<br>Carmino DeRobbio<br>401-944-3343                    | Program Coordinator:<br>Ellen Trementozi<br>401-944-3343 X3 |
| Social Services<br>Coordinator:<br>Megan Feeney<br>401-944-3343 X4 | Office Administrator:<br>Pat Bergantino<br>401-944-3343 X5 | Receptionist & Office<br>Administrator:<br>Gail Krikorian<br>401-944-3343 X0 | Receptionist:<br>Diane Harpin<br>401-944-3343 X0            |
| Food Service Supervisor:<br>Kathy Yankee<br>401-944-3343 X6        | Food Service Assistant<br>Lynn Cianci<br>401-944-3343      | Custodial Manager:<br>Gary DelSignore<br>401-944-3343                        |   |

### Operations Corner:

#### A few words from the Operations Manager, Bob Piscione

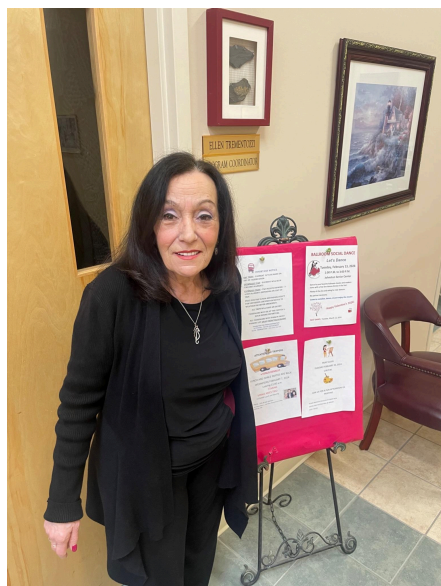
The good weather is finally here. You can see in this newsletter we have many trips planned for the summer months. We continue to upgrade our facility. We have added two new smart tv's in the dining room which allows us options for future meetings, bingo and music to be played during lunch time. We are in the process of updating our pool table. D&L Billiards is rebuilding the banks and adding new felt. This update is made possible by generous donations by United Health and Blue Cross. We are working with Morgan Health in planning a Bocce tournament that they will sponsor.



Additionally, we are working on a new fundraiser. We are selling advertising for placemats that will be used in our dining room promoting local businesses. We are asking local Johnston and nearby companies to support this and partner with us in this endeavor. If you are interested in making a donation please contact me for the details.

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### Employee Spotlight: Ellen Trementozi



10 Years ago I began volunteering three days a week in the gift shop. Three years later, a position opened up for the Activity Director position. I had found my calling, planning trips, exercise classes, bingo and other duties! I feel I have established a nice relationship with both the members of the center and my coworkers throughout the years, and they have become people that I am proud to call my friends.

I am very lucky to do a job that I love. A special thank you to the staff, for Pat, for being my right arm, and for Richard and Bob for all their kindness. A big hug to all the volunteers, if not for all of them we could never run this center as well.

I love the work that I do and I love all of you! Thank you!

## Special Announcements & Reminders:

- The center will be closed July 1- July 5th. We will reopen on July 8th!
- Are you interested in playing or learning how to play Bridge? If so, please contact John Breguet at johnlp.breguet@gmail.com or 401-300-1377. (There is no cost associated with this.)
- Tuesday Nights Hi Lo Jack League will be held on the following dates: 7/2, 7/9, 7/16, 7/23, & 7/30. Call Joann Pietrantonio at 401-946-3503 for more details. Cost per week is \$5.

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## 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 always welcomed and appointments can be scheduled by contacting Megan at 401-944-3343 X3.

A limited number of Senior Farmers Market Nutrition Program Vouchers are available to those who QUALIFY. Applications can be picked up at the front desk and will be processed in the order in which they are received. Please note income verification is needed. Please call Megan for more information.

We are still looking for individuals who are interested in becoming Companions in our Senior Companion Program. If interested please contact Megan for complete details. Some perks include paid time off and flexible scheduling.

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## Weekly Activity Schedule:

| Monday  | Tuesday                   | Wednesday                          | Thursday   | Friday                   |
|---|---------------------------|------------------------------------|--|--------------------------|
| 9am<br>Walk Away the LBS  | 9am<br>Walk Away the LBS  | 9am<br>Walk Away the LBS           | 9am<br>Walk Away the LBS   | 9am<br>Walk Away the LBS |
| 1030am<br>Arts & Crafts   | 930am<br>Bocce            | 930am<br>Bocce                     | 930am<br>Bocce   | 10am<br>Line Dancing     |
| 1230pm<br>Hi Lo Jack  | 930am<br>Quilting         | 10am<br>Zumba                      | 930am<br>Mahjong   | 11am<br>Fit & Strong     |
| 1pm<br>Poker  | 6pm<br>Exercise with Deb* | 11am<br>Fit & Strong               | 10am<br>Chair Yoga   | 2pm<br>Bingo             |
| 6pm<br>Yoga & Pilates   |                           | 1230pm<br>Hi Lo Jack & Poker       | 11am<br>Bone Builders  |                          |
| Please note that the Beginners Line Dancing Class on Wednesday afternoon is truly a beginners class and is different from the Friday morning class. |                           | 130pm<br>Beginners<br>Line Dancing | 2pm<br>Bingo   |                          |
|   |                           | 4pm<br>Exercise with Deb*          |  |                          |
|   |                           | 530<br>Bingo                       | *Yoga/floor mat is required for Exercise with Deb on Tuesday and Wednesdays* |                          |

## Upcoming Trips, Activities, and Events

*To reserve your spot on our upcoming trips, please contact Ellen at 401-944-3343 X3.*

July 1st - July 5th, the center will be closed. The center will reopen on July 8th.

### July

July 8th: Yankee Candle Village. Cost of trip = \$5 + cost of personal spending. Bus departs at 10am.

July 9th: Cracker Barrel. Cost of trip = pay for your own meal. Bus departs at 11am.

July 14th: Encore Casino. Bus departs at 10 am and will return approximately at 5pm. Cost of trip: \$59 per person. Returning visitors receive a \$20 voucher, first time visitors receive a \$50 voucher.

July 15th: Iggy's Clamcakes and Chowder. Cost of trip = pay for your own meal. Bus departs at 1030am.

July 16th: Family Tea at the Johnston Senior Center (We invite grandchildren to enjoy a puppet show and lunch). Activities begin at 11am. Price TBD. Please contact Ellen for specific information.

July 17th: Foxwoods Bingo. Cost of trip = \$5 + cost of personal spending. Bus departs at 830 am.

July 17th: Walk with Cops at Johnston Memorial Park. Transportation available, bus departs at 915am.

July 18th: Bluecross presentation with Nancy Gomes; "Simplify Your Life". Presentation starts at 10am.

July 22nd: Wrights Farm Creamery & Bakery. Cost of trip = pay for your own meal. Bus departs at 11am.

July 23rd: Wrentham Mall. Cost of trip = \$5 + any personal spending. Bus departs at 10am.

July 27th: Food Trucks at Johnston Memorial Park. Transportation available beginning at 430.

July 29th: Foxwoods Casino. Cost of trip = \$5 + any personal spending. Bus departs at 9am.

July 30th: Book Club Meeting. Meeting begins at 10am.

July 31st: Mystery Lunch. Cost of trip = \$5 + cost of your own meal. Bus departs at TBD.

### August

August 5th: Beef Barn. Cost of trip = pay for your own meal. Bus departs at 1130am.

August 6th: Johnston Police Department National Night Out at Johnston Memorial Park. Transportation available starting at 5pm.

August 6th - 7th: Saratoga Race Track. See Ellen for specific pricing and information regarding this trip.

August 13th: Mystery Lunch. Cost of trip = \$5 + cost of your own meal. Bus departs at 11am.

August 14th: Foxwoods Bingo. Cost of trip = \$5 + cost of personal spending. Bus departs at 830 am.

August 14th: Walk with Cops at Johnston Memorial Park. Transportation available, bus departs at 915am.

August 15th: Insight presentation, "Understanding Vision Loss". Presentation starts at 1030am.

August 19th: Newport Playhouse. Cost of trip = \$100. Bus departs at 10am.

August 26th: Foxwoods Casino. Cost of trip = \$5 + any personal spending. Bus departs at 9am.

August 27th: Book Club Meeting. Meeting begins at 10am.

August 26th - 28th: Turning Stone. See Ellen for specific pricing and information regarding this trip.

August 28th: Walk with Cops at Johnston Memorial Park. Transportation available, bus departs at 915am.

August 28th: Mystery Lunch. Cost of trip = \$5 + cost of your own meal. Bus departs at 11am.

August 31st: Food Trucks at Johnston Memorial Park. Transportation available beginning at 430.

Blood Pressure clinics will be held on the following dates 7/11 & 8/1 in the Senior Center dining room.

Clinics are hosted by Morgan Health Rehabilitation, Johnston Fire Department and the University of Rhode Island

# July Lunch Menu: Serving sizes: Grains- 2 ounces, Vegetables- ½ cup, Fruits- ½ cup, Protein- 3 ounces, Dairy- 1 cup.

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
| <p>Meals are ordered every Wednesday for the following week. We kindly ask that members make their best efforts to have their menus filled out and submitted within 2 days of order. To make changes to your menu or if you have any questions please contact Kathy in the kitchen at 401-944-3343 X6. Lunch menus for the month of June, can be found on our website (<a href="http://www.JSCRI.org">www.JSCRI.org</a>) or at the center mid May for viewing</p> |  |  | <p>The Senior Center will be closed July 1 - July 5. We will reopen on July 8th.</p>   |  |
| <p>8<br/>Navy Bean<br/>Vegetable Soup<br/>Chicken Marsala<br/>Parmesan Rice<br/>Mixed Veg<br/>WW Roll<br/>Tropical Fruit<br/>Spinach Salad w<br/>Chicken</p>  | <p>9<br/>Mushroom Barley<br/>Soup<br/>Sausage &amp; Pepper<br/>Sandwich<br/>Chips<br/>Roasted Zucchini<br/>WW Roll<br/>Pudding<br/>Greek Salad w<br/>Chicken</p> | <p>10<br/>Tomato Soup<br/>Lemon Butter Pork<br/>Chops<br/>Roasted Potatoes<br/>Mixed Veg<br/>WW Roll<br/>Sliced Pears<br/>Seafood Salad<br/>Sandwich</p>                         | <p>11<br/>Veg Soup<br/>Chicken Cordon Bleu<br/>Rice Pilaf<br/>Waxed Beans<br/>WW Roll<br/>Oatmeal Cookie<br/>Chicken Salad Plate</p> | <p>12<br/>Fresh Fruit Cup<br/>Baked Pasta w<br/>Meatball<br/>Sausage &amp; Cheese<br/>Roasted Veg<br/>Jello<br/>Roll<br/>Tuna Salad Sandwich</p> |
| <p>15<br/>Minestrone Soup<br/>Meatball Sandwich<br/>3 Bean Salad<br/>Potato Wedges<br/>Pineapple Chunks<br/>WW Roll<br/>Cobb Salad</p>  | <p>16<br/>Tossed Salad<br/>Swedish Meatballs<br/>Mashed Potatoes<br/>Buttered Corn<br/>Fresh Fruit<br/>WW Roll<br/>Roast Beef<br/>Sandwich on Roll</p>           | <p>17<br/>Red Clam Chowder<br/>Fish Sandwich<br/>Cole Slaw<br/>Orzo Salad<br/>Roll<br/>Cake<br/>Seafood Salad Plate</p>  | <p>18<br/>Chicken Soup<br/>Pot Roast<br/>Mashed Potatoes<br/>Peas &amp; Carrots<br/>Sliced Peaches<br/>WW Roll<br/>Cobb Salad</p>    | <p>19<br/>Cream of Broccoli<br/>Lasagna Roll Up w<br/>Meat Sauce<br/>Roasted Veg<br/>Pudding<br/>WW Roll<br/>Tuna Salad Plate</p>                |
| <p>22<br/>Kale Bean &amp;<br/>Sausage Soup<br/>Shepards Pie<br/>Mashed Potato<br/>WW Roll<br/>Chocolate Cookie<br/>Egg Salad Sandwich</p>   | <p>23<br/>Tomato Soup<br/>Marry Me Chicken<br/>Waxed Beans<br/>Roasted Potatoes<br/>WW Roll<br/>Sliced Peaches<br/>Chef Salad</p>                                | <p>24<br/>Veg Summer Salad<br/>Beef Tips w<br/>Mushroom Gravy<br/>Mashed Potatoes<br/>Roasted Zucchini &amp;<br/>Tomato<br/>WW Roll<br/>Melon<br/>Chicken Salad on<br/>Wheat</p> | <p>25<br/>Lentil Soup w Veg<br/>Sliced Turkey<br/>Stuffing<br/>Mixed Squash<br/>WW Roll<br/>Brownie<br/>Seafood Salad Plate</p>      | <p>26<br/>Tossed Salad<br/>Chicken Parm<br/>Steamed Broccoli<br/>Spanish Rice<br/>WW Roll<br/>Strawberry Shortcake<br/>Chef Salad</p>            |
| <p>29<br/>Chicken Escarole<br/>Roasted Chicken<br/>Mashed Potato<br/>Green Beans<br/>Roll, Pudding</p>  | <p>30</p>  |  |  |  |



If you would like to participate in our Fall Fundraiser, please submit a recipe on the following form and send it into the center. We will be collecting recipes until the end of September to put inside of our Johnston Senior Center cookbook!



Recipe Title: \_\_\_\_\_

Recipe Category:  
(Please circle category that applies)

|           |             |               |
|-----------|-------------|---------------|
| Appetizer | Beverage    | Bread         |
| Dessert   | Main Dishes | Soup          |
| Salad     | Vegetable   | Miscellaneous |

Ingredients:  
(Please use these abbreviations: c, tsp, tbsp, pkg, qt, pt, oz, lb)

\_\_\_\_\_

\_\_\_\_\_

Method:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_


\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Submitted by: \_\_\_\_\_

Thank you to all of our sponsors:

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