



Johnston Senior News

Directors Report

Thank you to our staff and volunteers who work tirelessly here at the Johnston Senior Center to provide opportunities, activities, and services to our members. Thank you also to all those who visit us daily and take advantage of our thriving community. We continue to strive to create a welcoming environment that provides our guests with a happy and healthy experience. These past two months have been very rewarding to me, as I have met so many of you, current members, and so many new members, and I have listened to your recommendations and continue to assess how we can improve all that we can. We have enhanced our exterior lighting, signage outside the building, added railings to stairs, and updated and reorganized our computer lab. We are partnering with programs and students at Johnston High School, as well as local colleges and universities, who will provide services and community outreach so that all seniors are aware of all that we can offer. At this time, costs associated with our programs have been suspended. We now offer complimentary coffee daily. We are actively recruiting volunteers to give their time and share their talents. There are so many reasons to be excited about your Johnston Senior Center. Please visit us, bring a friend, take a tour, and re-discover all that we are, and what we can be for you.



STAFF

Director

Richard DelFino Jr.
Ext 100

Assistant Director

Denise Bell
Ext 101

Center Supervisor

Jacqueline Bell-Conroy
Ext 102

Social Services

Madeline Ravenelle x 103

Program Coordinator

Ellen Trementozzi x 105
Assistant
Pat Bergantino X 107

Reception desk x114

Cathie Jeffrey
Gail Krikorian

Kitchen

Jennifer Chase x 109
Roberta Strezo

Maintenance

Kathy Yankee

Security

Carmino DeRobbio



Happy St Patrick's Day
March 17th is St Patrick's Day

Wear your Green as we celebrate the day

Happy St Josephs Day
St Josephs Day is March 19th
We will celebrate with Zeppole's
on Monday March 20th



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
9:30 Quilting
10:00 Tai Chi
12:00 LUNCH
1:00 Italian Class Date TBA

Wednesday

9-9:30 Walk away the LBS
9 30 BOCCI
10:00 ZUMBA
11:00 Fit & Strong –Chair
12:00 Lunch
12:30 Hi Lo Jack
12:30 POKER

THURSDAY

9-9:30 Walk away the LBS
9:30 BOCCI
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

JSC Book Club

March 28, 2023

The Personal Librarian

By: Victoria Murry

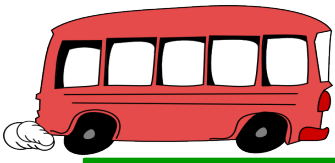
April 25, 2023

The Mayfield Bookshop

By: Eliza Knight

Club meets Every last Tuesday of the month

*If you are interested in joining this group Please contact Mary @ 401-825-7725



UPCOMING TRIPS & Activities

~Thursday, March 16, 2023 Lunch at Wrights Farm \$30.00pp lunch included

~ Wednesday, March 29, 2023 Mystery lunch \$10.00 pp

~Wednesday, April 5 Paint night, come join us in showing off your talent in painting on canvas

*6:00pm \$20.00pp Wine and cheese will be served

~Tuesday, April 11th Movie & Lunch at Laura's Bar & Grill

*enjoy a wonderful lunch then a Movie at Lincoln Mall \$15.00pp

~Wednesday, April 26th Mystery Lunch Enjoy a lunch in a new restaurant

\$10.00 pp

~Monday-Thursday 5/22-5/25 Penn Dutch 4 days 3 nights

*Double Occupancy \$799.00 PP *Single Occupancy \$949.00

*3 Hotel Breakfasts & 3 Dinners included

*Including Sight and Sound Theatre Performance of Moses

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

BALLROOM SOCIAL DANCE---*LETS DANCE*



Dance to favorite classics, modern tunes, & requests with a few line dances thrown in for fun! Plenty of Cha Cha & Swing for new dancers.

Come to Socialize, Dance or just enjoy the music

~Tuesday March 14, 2023 @ 1-3pm

~Tuesday April 11, 2023 @ 1-3pm

March 2023

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	Minestrone soup Shepard's pie Mashed potato Mixed vegetable Multi grain roll Pudding Spinach salad w/ chicken	7 Tomato Soup French onion baked chicken Green beans Rice pilaf Fruit Sliced multi grain bread Salami, ham & cheese / wheat roll	8 Mushroom barley soup American chop suey Zucchini w/ baby carrots Ww roll Oatmeal raisin cookie Turkey club	9 Vegetable soup Chicken parm Potatoes wedges Mixed vegetables - roll Cake Antipasto salad	10 Clam chowder (red) Baked fish Italiano w/ sauteed vegetables Rice pilaf Sliced bread- Fruit Cobb salad
13	Tomato soup BBQ chicken sandwich Cole slaw Pasta salad Roll (whole wheat) Chocolate chip cookie Chef salad	14 Navy bean soup Stuffed shell w/meatball Garlic bread Italian mixed vegetables Mixed fruit Chicken sandwich on wheat roll	15 Chicken and escarole soup Sloppy joe Potato salad 3-bean salad Whole Wheat roll - cookie Turkey & Swiss/whole wheat	16 Spilt pea soup Corned beef Cabbage & carrots Boiled potatoes Irish soda bread Apple strudel cake Ham & cheese on wheat	17 Kale & bean soup Baked cod provençal Spanish rice Peas & onions Fruit salad Tuna salad plate
20	Beef Barley soup Chicken leg quarter Creamed spinach Sweet potato Roll Browmie Cobb salad	21 Lentil soup Braised beef Sliced carrots Mashed potatoes Roll Pudding Egg salad on multi grain roll	22 Tomato soup Swedish meatballs Rice pilaf Zucchini & carrots Fresh fruit/ Multi grain bread Seafood salad plate	23 Minestrone Soup BBQ pulled pork Sandwich Cole slaw Baked beans Whole Wheat Roll Oatmeal cookie Meatball sandwich	24 Clam chowder (white) Fish cake Spanish rice Mixed vegetables Sliced bread Fruit Chicken salad plate
27	Potato leek soup Chicken cacciatore Black beans & rice Fruit - Whole Wheat roll Chicken sandwich on ww roll	28 Southern Brunswick stew Cole slaw Corn bread Mixed fruit Seafood salad on wheat roll	29 Mushroom barley soup Lasagna roll w/ meat sauce Italian green beans Garlic bread Pound cake Turkey & Swiss on rye	30 Chicken soup Salisbury steak w/gravy Mashed potatoes Baby carrots Ww roll - fruit Egg salad plate	31 Tomato soup Mediterranean baked fish Rice pilaf/ green beans Ww roll- Cookie Cobb salad

**AARP SMART DRIVING PROGRAM
Tuesday April 4, 2023**

9am-2pm



The JSC is hosting a AARP Smart Driving Program. The course is designed especially for seniors 55 and older. The instructor reviews safe driving strategies and various insights to assist seniors with their driving skills needed in today's environment.

Start time is promptly at 9:30am-2pm. No late participants will be allowed in the class. There are no tests to successfully complete this program.

To register, please send your check payment to Johnston Senior Center, 1291 Hartford Avenue, Johnston, RI 02919 or stop by at the Receptionist Desk by March 24, 2023

Individuals who have Medicare Supplement Plan insured by AARP United Healthcare can take the program for free. However, "PLAN MEMBERS MUST SHOW THEIR MEMBERSHIP CARD" to the instructor to attend the class at no fee.

Advance registration and payment is required Cost is \$20.00 for AARP members. \$25.00 for non-members.

If an insurance discount is one of your objectives, please inquire in advance with your automobile insurer to determine if you qualify for a discount and the amount if you complete this program.

You may bring a snack/drink to the class or will be available for purchase in the JSC Café'

****There will be a 30 minute Lunch Break at 12pm. You may order lunch in advance at time of registration.**

AARP
Driver Safety

Steve McGrath Photography

A 5-week Photography session will be held on
Tuesday March 14,21,28, April 4, & 11, 2023 @ 9:30-00am

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.



BASIC CONVERSATIONAL ITALIAN

Beginning in April , Tuesday afternoons at 1:30-2:30pm. Date to be announced

Have you ever wished you could speak Italian? We will be offering a conversational ITALIAN class. This class will be for those who want to learn how to **speak Italian phrases** for your own interest or for traveling.

Maria Libera Vallone, our instructor, has her **Master of Arts in Italian** from *Universitas di Firenze* with Middlebury College. She is a two-time Fulbright Scholar to Italy, and **taught Italian for 34 years** in Newton, Ma where she initiated the 1st Exchange program at an American high school and Italian high school which is now in its 40th year!

We are very excited to offer this programs again at the JSC!

*For more info or to **register** stop by the Reception Desk
or call the center at 401-944-3343

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.

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 March 14,21,28, 2023 at 11-12pm.**

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

SOCIAL SERVICE CORNER

Have You Heard the News?

Your state will restart eligibility reviews for Medicaid.

Starting Feb. 1, 2023, states can resume Medicaid reviews that they temporarily stopped during the pandemic. Don't risk a gap in your Medicaid coverage. Follow these steps:

1. Make sure your contact information is up to date-- address, phone number, email address.
2. Watch your mail for a letter - check carefully for information about your Medicaid status or for a renewal form.
3. Complete your renewal form if you get one. It's important that you send it back by the deadline in the letter to avoid gaps in your coverage.

Have Questions?

If you have questions or need assistance filling out the form, call Madeline (

There's still 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. You will need your SSA 1099 form (2022 Awards Letter) Call Madeline for an Appointment

401) 944-3343 x 103 at the Johnston Senior Center

Eat Well to Prevent Diabetes Presented by Blue Cross



Join us for an informative talk and discussion about how to keep yourself healthy and prevent diabetes.

Wednesday April 19, 2023 at 11 am

Blood pressure Screening

~Johnston Fire will be here on every 2nd Thursday of the month.

March 9, 2023 & April 13, 2023

~ URI will be here every 4th Thursday of the month

March 23, 2023 & April 27, 2023

****Keep Your Eyes Open for information about the "JSC Health Expo "held here at the Center in the May/ June issue of the Newsletter**

Health info, Screenings , Raffles! And More. All Free !!

May 16, 2023

Johnston Senior Center
1291 Hartford Ave
Johnston RI 02919
www.jscri.org



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