

# Westerly Senior Citizens Center October 2024



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



**2025 Membership Renewals begin on October 1st**

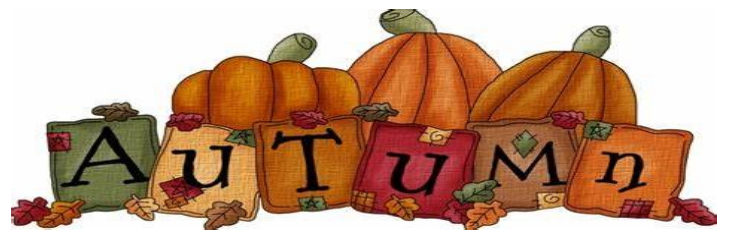
## Meat Loaf Dinner

**Includes  
Salad and Dessert**

**November 2nd  
Served at 5pm**




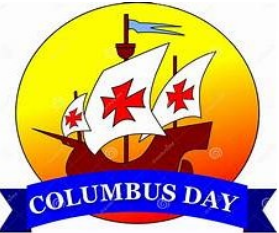

**Tickets go on sale  
October 1st - 28th  
Adults - \$20  
Children (under 10) - \$15**



**Autumnfest  
Penny Social / Breakfast  
Bake Sale  
October 26, 2024**



**Craft Fair  
November 23, 2024**  
Please call Karen or Carolyn  
at 401-596-2404  
for the application and  
information on table rentals

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12            Craft Group 10:00 - 12:00            Floor Shuffleboard 1 - 3            Mahjong 1:00            Music Group 1:00            AA 6:00            TOPS #18 6:30</p>	<p>2 AA 7:30am            Billiards 8:30  <b>Ninigret/Dream Quilters 9:00</b>            Table Shuffleboard 9-12            AA 10 (Women)            Bridge 1:00            Tai Chi 1:30 - 2:30            Tai Chi 2:45 - 3:45  <b>Bingo 6:30</b> (Sales end 6:20)            AA 6:00 (Women)            AA 7:00 (Men)</p>	<p>3 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            TOPS #3 6:00 - 8:00</p>	<p>4 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</p>
<p>7 AA 7:30am            Billiards 8:30            Bridge 1:00            Line Dancing 1:30            Yoga 1:30            Cribbage 6:00            AA 7:00</p>	<p>8 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12            Veteran's 11:00 - 12:00            Floor Shuffleboard 1 - 3            Mahjong 1:00            Music Group 1:00            AA 6:00            TOPS #18 6:30            Ninigret Quilters 7:00</p>	<p>9 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12  <b>Ninigret/Dream Quilters 9:00</b>            AA 10 (Women)            Bridge 1:00            Tai Chi 1:30 - 2:30            Tai Chi 2:45 - 3:45  <b>Bingo 6:30</b> (Sales end 6:20)            AA 6:00 (Women)            AA 7:00 (Men)</p>	<p>10 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</p>	<p>11 AA 7:30am            Billiards 8:30            Yoga 9:00            Mall Trip - 9:00            Cribbage 9:30            Mahjong 1:00            Corn Hole 1:30            Scrapbook Moms 5:00            AA 7:00            Al-Anon 7:00</p>
<p>14 AA 7:30am</p> <p style="text-align: center;"><b>Center Closed</b></p> 	<p>15 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12            Craft Group 10:00 - 12:00            Floor Shuffleboard 1:00            Mahjong 1:00            Music Group 1:00            AA 6:00            TOPS #18 6:30</p>	<p>16 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12  <b>Ninigret/Dream Quilters 9:00</b>            AA 10 (Women)            Bridge 1:00            Tai Chi 1:30 - 2:30            Tai Chi 2:45 - 3:45  <b>Bingo 6:30</b> (Sales end 6:20)            AA 6:00 (Women)            AA 7:00 (Men)</p>	<p>17 AA 7:30am            Wood Carving 8:30            Billiards 8:30            Pitch, "99" at 9:00            Art Class 9:00            Bridge 1:00            Book Club 1:00            Mahjong 1:00            Line Dancing 1:30            Board Meeting 1:15            Blue Cross/Blue Shield 2:00            Coin Club 6:00            Cribbage 6:00            TOPS #3 6:00 - 8:00</p>	<p>18 AA 7:30am            Billiards 8:30            Yoga 9:00            Quilting 9:00            Cribbage 9:30            Mahjong 1:00            Corn Hole 1:30            AA 7:00            Al-Anon 7:00</p>
<p>21 AA 7:30am            Billiards 8:30            Knitting Group 10 - 12            Bridge 1:00            Line Dancing 1:30            Yoga 1:30            Cribbage 6:00            AA 7:00</p>	<p>22 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12  <b>Visiting Nurse 9:30 - 1:30</b>            Floor Shuffleboard 1:00            Mahjong 1:00            Music Group 1:00            AA 6:00            Auto Club 6:00            TOPS #18 6:30</p>	<p>23 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12  <b>Ninigret/Dream Quilters 9:00</b>            AA 10 (Women)            Bridge 1:00            Blue Cross/Blue Shield 2:00            Tai Chi 1:30 - 2:30            Tai Chi 2:45 - 3:45  <b>Bingo 6:30</b> (Sales end 6:20)            AA 6:00 (Women)            AA 7:00 (Men)</p>	<p>24 AA 7:30am            Wood Carving 8:30            Billiards 8:30            Pitch, "99" at 9:00            Art Class 9:00            Bridge / Mahjong 1:00            Line Dancing 1:30            Cribbage 6:00            TOPS #3 6:00 - 8:00</p>	<p>25 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</p>
<p>28 AA 7:30am            Billiards 8:30            Mall Trip - 9:00            Knitting Group 10 - 12            Bridge 1:00            Line Dancing 1:30            Yoga 1:30            Cribbage 6:00            AA 7:00</p>	<p>29 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12            Floor Shuffleboard 1:00            Mahjong 1:00            Music Group 1:00            AA 6:00            Auto Club 6:00            TOPS #18 6:30</p>	<p>30 AA 7:30am            Billiards 8:30            Table Shuffleboard 9-12  <b>Ninigret/Dream Quilters 9:00</b>            AA 10 (Women)            Bridge 1:00            Tai Chi 1:30 - 2:30            Tai Chi 2:45 - 3:45  <b>Bingo 6:30</b> (Sales end 6:20)            AA 6:00 (Women)            AA 7:00 (Men)</p>	<p>31 AA 7:30am            Wood Carving 8:30            Billiards 8:30            Pitch, "99" at 9:00            Art Class 9:00            Bridge / Mahjong 1:00            Line Dancing 1:30            Cribbage 6:00            TOPS #3 6:00 - 8:00</p>	

1

*Mary Schaaf*

2

*Eileen Higgins*

3

*Wendy Donoghue**Lana Simmons*

5

*Mildred Dion*

6

*Cynthia Nunes**Cynthia Seppa**Judy Toscano*

7

*Carol Ferraioli**Gayle Summerlin*

8

*Pat Bricault**Barbara Brown**Rosemarie DiLorenzo**Barry Posillo*

9

*Richard Allen*

10

*Rob Eldredge*

11

*Katherine Boumenot**Stephen Nickse**Linda Northup*

12

*Lorie Campagna**Teresa Post*

13

*Nancy Toscano*

14

*Paul Cofoni**Samuel Nigrelli*

15

*Janet Brown*

16

*Mary Beth Klender**Neal Walker*

17

*Barbara Chojnacki**Doug Harris*

18

*Lance Kingsbury**Catherine Schackner**Debra Zima*

19

*Judith Smith*

20

*Peter Fernholz*

21

*Susan Henley**Gerald McKinney**Alesia Sadosky**Brenda Williams*

22

*David Renner*

23

*Mike Castro**Peter Chiaradio**Santa Serio**Dinalyn Spears**Teresa Svendsgaard*

25

*Robert Blinn, Sr.**Sidney Tinson**Derek Tyseck*

26

*Melinda Benson*

27

*Dorothy Brown**Larry Hayden**Teresa Smith*

28

*Chris Devine**Thomas McCall*

30

*Richard Capezzano**Stephen Turrisi*

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

NAME \_\_\_\_\_ MEMBERSHIP # \_\_\_\_\_ PHONE NUMBER \_\_\_\_\_

# FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4	7	11	25	26	12	18	22	21	16	14	17	15	19	13	6	2	10	24	20	23	8	5	3	9	1

\_\_\_\_\_  
11 13 10 19

\_\_\_\_\_  
6 23 15 6 14 21 19

\_\_\_\_\_  
12 13 13 20 7 4 17 17

\_\_\_\_\_  
10 4 14 26

\_\_\_\_\_  
15 4 6 17 26

\_\_\_\_\_  
24 23 19 12 17 13 5 26 10

\_\_\_\_\_  
4 11 13 10 19

\_\_\_\_\_  
22 4 10 8 26 24 20

\_\_\_\_\_  
16 4 11 14 26 20

\_\_\_\_\_  
20 23 10 14 26 9

\_\_\_\_\_  
17 26 4 8 26 24

\_\_\_\_\_  
22 4 9 10 21 25 26

\_\_\_\_\_  
24 11 4 10 26 11 10 13 5

\_\_\_\_\_  
4 6 6 17 26

THE WINNER OF SEPTEMBER'S  
FIND THE DIFFERENCES  
IS  
KAREN BALKO



**MEDICARE**

**Open Enrollment**

Open enrollment for Medicare Part D will be held from October 15th thru December 7th this year. This is the time of year for clients who already have Medicare plans or are new to Medicare to decide if they want to stay with those plans or explore other options.

Nichole Woodward, our Community Information Specialist, assists with open enrollment. Her time is limited. Please call the Center at 596-2404 to leave your name and number with the receptionist. Nichole will call you back to schedule an appointment.

**Please Note:**  
**Walk-ins are not available**

**New Members**

**William Braun**

**Jeannie Brown**

**Eduino Carvalho**

**Peter Chiaradio**

**Theresa Neary**

**Kimberly Urban**

~~~~~  
The Van Trips to the Warwick Mall are scheduled for

**Friday October 11th**  
**Monday October 28th**

Please call Edie at 401-596-7216 to reserve your seat today!  
Space is limited.



Representatives from Blue Cross and Blue Shield will be holding special seminars in October, November and December for those who would like to explore available choices in Medicare and RX plans.

**See Page 9**  
**For Dates and Times**

On Thursday, October 3rd  
Lynn Hillman, from Avalon Health Center  
Will be available from 11:00am - 12:00pm  
To share information about:  
Skilled Nursing  
Short-term Rehabilitation  
Admissions process following a hospital stay  
What you can expect while focusing on  
recovery before returning home

Bring your questions and stop by to say hello!

| Westerly Senior Citizens<br>Center Menu                                                                                                                 |                                                                                                                                                    | <b>October</b>                                                                                                                                               |                                                                                                                                               | FOR RESERVATIONS<br>CALL (401) 596-7216                                                                                                                                                                             |  |
|---------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <u>MONDAY</u>                                                                                                                                           | <u>TUESDAY</u>                                                                                                                                     | <u>WEDNESDAY</u>                                                                                                                                             | <u>THURSDAY</u>                                                                                                                               | <u>FRIDAY</u>                                                                                                                                                                                                       |  |
|                                                                         |                                                                                                                                                    |                                                                                                                                                              |                                                                                                                                               |                                                                                                                                                                                                                     |  |
|                                                                                                                                                         | <b>1</b>                                                                                                                                           | <b>2</b>                                                                                                                                                     | <b>3</b>                                                                                                                                      | <b>4</b>                                                                                                                                                                                                            |  |
|                                                                                                                                                         | Cream of broccoli soup<br><b>Chicken cacciatore</b><br>Roasted potato<br>Green beans<br>Ww Roll<br>Cookie<br><br>Ham & cheese on rye               | Lentil soup w/ vegetables<br><b>Pasta allanorma w/eggplant,<br/>Ground beef</b><br>Mixed vegetables<br>Ww Roll<br>Fresh fruit<br><br>Tossed salad w/ chicken | Lemony chicken orzo soup<br><b>Roasted pork loin</b><br>Sweet potatoes<br>Buttered corn<br>Ww roll<br>Cookie<br><br>Turkey breast on rye      | Mushroom barley soup<br><b>Sloppy joe</b><br>Rice pilaf<br>3 – bean salad<br>Ww roll<br>Sliced peaches<br><br>Chicken salad plate                                                                                   |  |
| <b>7</b>                                                                                                                                                | <b>8</b>                                                                                                                                           | <b>9</b>                                                                                                                                                     | <b>10</b>                                                                                                                                     | <b>11</b>                                                                                                                                                                                                           |  |
| Escarole & bean soup<br><b>Meatball sandwich</b><br>Pasta salad<br>Ww Roll<br>Cake<br><br>Turkey Sandwich on rye                                        | Minestrone soup<br><b>Chicken cordon bleu</b><br>Mashed potato<br>Green beans w/ carrots<br>Ww Roll<br>Sliced pears<br><br>Tossed salad w/ chicken | Chicken soup<br><b>French onion baked chicken</b><br>Rice pilaf<br>Italian vegetables<br>Ww Roll<br>Cookie<br><br>Seafood Salad Plate                        | Vegetable soup<br><b>Meatloaf w/ gravy</b><br>Mashed potatoes<br>Baby carrots<br>Ww roll<br>Sliced peaches<br><br>Tuna salad sandwich         | Beef lentil soup<br><b>Sausage &amp; pepper sandwich</b><br>Cole slaw<br>Ww roll<br>Mixed fruit<br><br>Egg salad sandwich                                                                                           |  |
| <b>14</b>                                                                                                                                               | <b>15</b>                                                                                                                                          | <b>16</b>                                                                                                                                                    | <b>17</b>                                                                                                                                     | <b>18</b>                                                                                                                                                                                                           |  |
| <b>Center Closed</b><br>                                              | Tomato soup<br><b>Chicken Vesuvio</b><br><b>Potato mushroom &amp; peas</b><br>Ww roll<br>Mixed fruit<br><br>Corned beef reuben                     | Navy bean soup<br><b>Pork roast w/ gravy</b><br>Roasted potatoes<br>Green beans<br>Ww Roll<br>cake<br><br>Seafood salad plate                                | Vegetable soup<br><b>Open turkey sandwich/gravy</b><br>Stuffing<br>Roasted vegetables<br>Ww roll<br>Sliced peaches<br><br>Chicken salad plate | Vegetable barley soup<br><b>Shepards pie</b><br>Mashed potato<br>Ww roll<br>Cookie<br><br>Ham & cheese on wheat                                                                                                     |  |
| <b>21</b>                                                                                                                                               | <b>22</b>                                                                                                                                          | <b>23</b>                                                                                                                                                    | <b>24</b>                                                                                                                                     | <b>25</b>                                                                                                                                                                                                           |  |
| Meatball soup<br><b>Greek style chicken thighs</b><br>Parsley potatoes<br>Florentine rice<br>Ww roll<br>Oatmeal cookie<br><br>Roast beef sandwich/wheat | Creamy chicken potato soup<br><b>Swedish meatballs</b><br>Mashed potato<br>Mixed vegetables<br>Roll<br>Sliced peaches<br><br>Chef salad            | Tuscan white bean soup<br><b>Baked pasta w/ ground<br/>beef, Florentine</b><br>Zucchini w/carrots<br>Ww roll<br>Lorna doone cookie<br><br>Corned beef on rye | Tomato soup<br><b>Honey garlic pork chop</b><br>Sweet potatoes<br>Peas & carrots<br>Ww roll<br>Tropical fruit<br><br>Tuna salad sandwich      | Escarole bean/sausage soup<br><b>Chicken fajita</b><br>Spanish rice<br>Sour cream<br>Roll<br>Chocolate chip cookie<br><br>Waldorf salad w/chicken                                                                   |  |
| <b>28</b>                                                                                                                                               | <b>29</b>                                                                                                                                          | <b>30</b>                                                                                                                                                    | <b>31</b>                                                                                                                                     |                                                                                                                                                                                                                     |  |
| Chicken escarole soup<br><b>Stuffed shell w/ meat sauce</b><br>Wax beans<br>Ww roll<br>Sliced peaches<br><br>Roast beef on roll                         | Roasted Cauliflower soup<br><b>Pork chop Italiano</b><br>Rice pilaf<br>Corn & carrots<br>Ww roll<br>Cake<br><br>Cobb salad                         | Vegetable soup<br><b>Roast beef w/gravy</b><br>Mashed sweet potato<br>Mixed vegetables<br>Ww roll<br>Cookie<br><br>Egg salad sandwich                        | Lentil soup<br><b>Baked ham w/ gravy</b><br>Rice Florentine<br>Sliced carrots<br>Ww roll<br>Fresh fruit<br><br>Tossed salad w/ chicken        | <b>All menu items may<br/>contain nuts, seeds,<br/>beans, wheat bran, and<br/>other allergens<br/>Funded in part by the<br/>US Administration on<br/>Aging and the Rhode<br/>Island Office of Healthy<br/>Aging</b> |  |

*Summer Winners  
Table Shuffleboard*



Champions

Captain George Routhier

Gil Bricault

Terry Routhier

Winnie Weeden

Hanger Champion

Sue Melanson

~ 7 ~

During the months of August and  
September we collected  
School Supplies

THANK YOU TO ALL WHO  
DONATED!

Be confident many children will  
enjoy all those donated items.  
We are truly grateful for  
everyone who participated in  
this worthwhile collection!

Thursday Bridge Group Winners

8-29-24



1st Place

Muffy DiOrio

Mary Ledilitto

22,750 Points

High Single Score

Muffy and Mary

4,730 Points

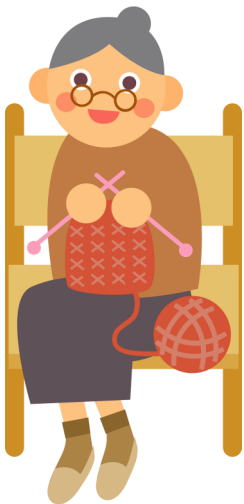
2nd Place

Marianne McAllister

Susan Barrett

20,450 Points

Knitting with Carol



Begins Monday  
10/21/24

10am - Noon

Triple Room



## Medicare's Open Enrollment Period



Medicare's Open Enrollment runs October 15 through December 7 and is the time of year when you can make certain changes to your Medicare coverage. The last change you make will take effect on January 1. Take action during Medicare's Open Enrollment to make sure your coverage will meet your needs in 2025.

### Making changes during Medicare's Open Enrollment

The changes you can make include:

- ✓ Joining a new Medicare Advantage Plan or Part D prescription drug plan
- ✓ Switching from Original Medicare to Medicare Advantage
- ✓ Switching from Medicare Advantage to Original Medicare (with or without a Part D plan)

Call 1-800-MEDICARE (633-4227) or visit [www.Medicare.gov](http://www.Medicare.gov) to make changes.

### Review your coverage for 2025

Medicare Advantage and Part D plans usually change each year. Make sure that your drugs will be covered next year and that your providers and pharmacies will still be in the plan's network.



#### Original Medicare:

Visit [www.Medicare.gov](http://www.Medicare.gov) or read the 2025 *Medicare & You* handbook to learn about Medicare's benefits for the upcoming year.



#### Medicare Advantage or Part D plan:

Read your plan's Annual Notice of Change (ANOC) and Evidence of Coverage (EOC).

### Blue Cross Seminars

Existing Members - 11/1 and 12/3/2024 @ 10:30am

Medicare Advantage - 10/17, 11/7, 11/25, and 12/2/2024 @ 11:00am

Individuals turning 65 or Retiring - 10/23, 11/21, and 12/19/2024 @ 2:00pm





MEETINGS and PROGRAMS

**AA Meetings:** Sunday - Saturday at 7:30am in the triple room, on Mondays at 7:00pm, Tuesdays at 6:00pm, on Wednesdays at 10am and 6:00 for Women, 7pm for Men, Fridays at 7:00pm. Saturday at 7:00pm. Sunday at 5:00pm & 7pm. New members are welcome, regardless of membership.

**AI-Anon Meeting** - Friday - 7:00pm

**Board Meeting** - The Board of Directors will be holding its monthly membership & business meeting on Thursday, October 17th at 1:15pm in the Conference Room.

**Blue Cross/Blue Shield** - Thursday, October 17th at 2pm.

**Ninigret Quilters** - meet on Wednesdays at 9:00am. They also meet on Tuesday, October 8th at 7:00pm

**VFW** - Project Outreach of Westerly



The councilor will be here on October 8th. 11:00 - 12:00

**Visiting Nurse** - The Visiting Nurse will be at the Center on Tuesday, October 22nd 9:30 - 1:30 for blood pressure screenings and other health concerns.



**BINGO - Wednesday / Sunday Warm Ups @ 4:45pm Regular Session @ 6:30pm Sales end at 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.



**Did you know?**

The Senior Center has Books and Individual Stamps to sell. The Letter Carrier comes into the building twice a day to pick up mail. There is a box on the Reception Desk for outgoing mail.

Also, The Center has small \$7 and large \$10 Westerly trash bags for sale at the Reception Desk.

**Westerly Senior Citizens Center Board of Directors:**  
George Routhier - President, Wayne Bartolo - Vice President,  
Marcella Bartolo - Treasurer, Judy Vredenburg - Secretary,  
Robin Buck, Donna Cota, 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, Carolyn MacCrae - Administrative Assistants  
Joan Freemer - Kitchen Supervisor  
Marshane Clarke - Maintenance  
Jerry Breault - Van Driver

PRE-SORT STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 24  
Westerly RI 02891



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.