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The Tiverton Senior Center

207 Canonicus Street
Tiverton, RI 02878
Telephone: 401-625-6790
Email: seniorcenter@tiverton.ri.gov

MARCH 2025

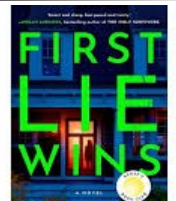


Thursday, March 6th at 10:15 a.m.: ART for Your Mind presents: Elisabeth Vigee Le Brun, Favorite Painter of Marie Antoinette



Art for Your Mind is an engaging, educational, art observation experience designed to broaden the minds of its participants. Presentations are for people of all backgrounds-artists and non-artists alike. The featured topic, Elisabeth Vigee Le Brun, Favorite Painter of Marie Antoinette, explores the amazing talent of one of the 17th Century's most successful artists. Learn of her extraordinary story of survival in the midst of the French Revolution, and her impressive rise to fame-despite being a woman working in a man's field. Join local art historian Jill Sanford for an enjoyable hour of challenging yourself to see in new ways!

BOOK GROUP: Tuesday, March 18th at 10:15 a.m. This month's book is: ***First Lie Wins*** by **Ashley Elston** ~ Large print books are available in the office. *Book Lovers* welcome anytime



Janet Holmes
Director

Angela DaPonte
Assistant Director

Betsy Sowin
Office Assistant

Paul Anderson
Bus Driver

Phil Ferreira
Maintenance

Nanci Lambert
Dining Supervisor

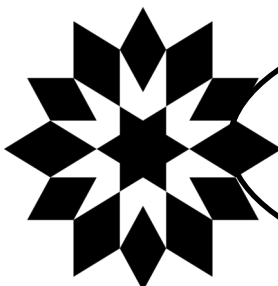
Norma Gossic
Volunteer Extraordinaire

Manny Fontes
Maintenance Emeritus

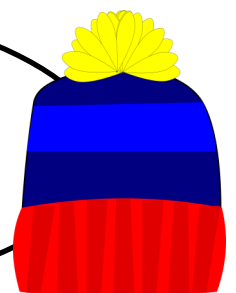


URI Pharmaceutical Outreach Program presents: **FALL PREVENTION** on **Monday, March 10th at 10:15 a.m.** As we age, many factors will affect our mobility and stability. Medications, environment, disease states all have the ability to make our lives a little unsafe. This presentation will address these facts and will give you good advice on avoiding the "dreaded fall"

HEALTH FAIR 2025~SPRING into WELLNESS: Thursday, **March 20th** from 10 a.m. to 2 p.m. Come visit & meet vendors from a plethora of vendors: White Cross Pharmacy; Tiverton & Little Compton Prevention Coalition; Bike Newport; LIHEAP (Low Income Heating & Energy Assistance Program); OSCIL (Ocean State Center for Independent Living); River Falls Senior Living; RI Legal Services; Blue Cross Blue Shield of Rhode Island; Senior Financial & Insurance Services; In-Sight; Beacon Hospice; Green Compass Global; Cedar Dell; Highbar Physical Therapy Alert; East Coast Capital and many more.



CRAFT FAIR
Saturday, March 22nd
9 a.m. to 2 p.m.

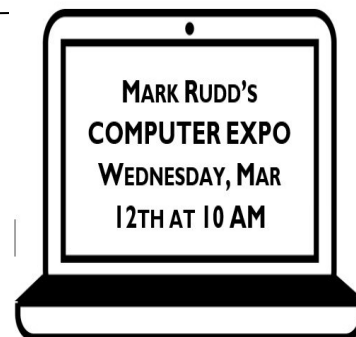


ACTIVITIES AT A GLANCE

TOPS – Monday at 9:00 a.m. in Game Room
Learn Ukulele with Otis-Mondays, 1:00—2:00 p.m.
Functional Fitness with Deb—Mondays & Wednesdays at 9:00 a.m.
Quilting for Charity meets every Monday at 10:00 am-3:00 pm
Pitch League- Hi, Lo, Jack meets Mondays at 12:30-3:00 p.m.
Chair Yoga with Shirley—Tuesdays at 9:00 a.m. Class fee is \$3 per class.
Drums Alive! with Jessica-Tuesdays at 12:45 p.m. Class fee is \$3 per class.
Painting with Shawndavid Tuesdays 2:00-3:30 pm \$25 for 6-week session or \$5 wkly
Book Club Tuesday, March 18th at 10:15 a.m. “First Lie Wins”
Mah Jongg- Tuesdays and Fridays, 10:00 a.m.-3:00 p.m.
Cribbage Wednesdays: 12:30-3:00 p.m.; **Chorus –Wed.** at 12:30 p.m./Lounge;
Live Music-Dining Room Wednesdays: 12:30-3:00 p.m
Balance & Mobility with Jess-Thursdays at 9:00 a.m. Class fee is \$3/members
CENTER MEETING will be held on Thursday, March 27th at 10:15 a.m.
BINGO-Thursdays, March 6th 13th & 27th 1:00-3:00 PM Start Promptly at 1:00
Knitting for Charity-Thursdays at 1:00-3:00 p.m.
Zumba with Jessica—Fridays at 9:00 a.m. Fee is \$3.00 per class (new time)
Line Dancing with JoAnn—Most Fridays after lunch: 12:45 p.m. Free & FUN!



Thursdays @ 1:00 SHARP
 March 6th 13th & 27th



**COME ENJOY
 OUR OWN
 PIANO MAN,
 Sandy Cook—**



**TECH TIME with Kristin!—Second Thursday of the month –
 March 13th at 10:00 a.m. Kristin Amaral, Technology Coordinator
 from the Tiverton Public Library will help with all your technical
 issues, especially smart phones!**



**Wednesdays,
 12:30-3:00 p.m.
 Be sure to wear
 your dancing
 shoes!**

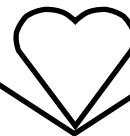


CAREGIVER SUPPORT GROUP

Caregiver Support Group will meet on Mondays,
 March 10th and 24th at 2:30 p.m.
 Facilitator: Janet Grapentine

**Terri Gomes from Visiting Nurse Home & Hospice will be
 providing blood pressure checks on Thursday, March 27th
 from 10:00-11:30 a.m.; sign up in the office**

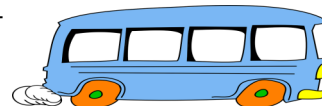
**Crafting with
 Lynne
 Wednesdays
 at 10:00 a.m.
 FREE & FUN**



MARCH 2025

Phil Ferreira	01	Janet Scanlon	15
Holly Phillips	01	Dorothy Cyr	16
Virginia Plunkett	04	Janice Cambra	16
Kenneth Burton	04	William Scott	17
Jane Courson	04	Janice Goyette	20
John Nery	04	Sheila Paradise	20
Carol Parsons	05	Carol Fraile	21
Sarita Pimental	06	Glenda Sakala	22
Wendy Pyper	06	Jan Padula	24
Tom Walmsley	07	Carole Siembab	25
Russell Wordell	08	Christine Hudson	25
Dorothy Costa	08	Janice Bolduc	26
Trazi Hedwig	08	Phyllis Rego	28
Ann Marie Couture	08	Glenn Clarke	29
Judith Davis	11	Ronald Gagnon	30
		Rosemary Boulanger	30
		Carol Correia	30

**CENTER
 MEETING
 Thursday,
 March
 27th
 at 10:15**



Welcome Back Paul! Our bus
 service for Tiverton seniors is on
 Tuesdays, Wednesdays and
 Thursdays. (Later start of Thurs-
 days for folks to attend BINGO).

Please call 401-625-6790 to re-
 serve your spot. Bus trips are not
 individualized. Shopping bags are
 limited to four bags per person.



