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# The Tiverton Senior Center

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



## July & August 2024

The Center will be closed on Thursday, July 4th and Monday, August 12th in Observance of Holidays



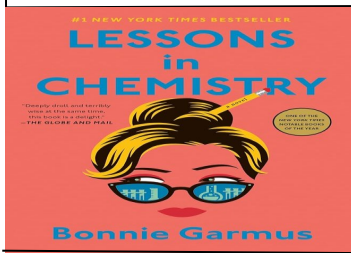
"Your traveling fashion store"

Monday July 15th  
11 a.m. to 2 p.m.

Enjoy the Music of  
Sandy Cook

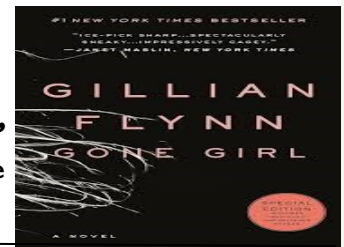
Most Wednesdays  
12:30—3 p.m.

Summer Art Classes with Kristen  
MONDAYS, July 8th and August  
26th beginning at 1:00 p.m. \$15 per  
class; come vote for your favorite!



### SUMMER READING

BOOK GROUP—TUESDAYS, July  
16th at 10:15 "Lessons in Chemistry"  
and August 20th at 10:15 "Gone Girl"  
Large print books available- All are welcome  
to join this free & fun group



### OUR TEAM:

Janet Holmes  
Director

Angela DaPonte  
Assistant Director

Betsy Sowin  
Office Assistant

Paul Anderson  
Bus Driver

Phil Ferreira  
Manny Fontes  
Maintenance

Nanci Lambert  
Dining Assistant

### Try something new: ANGEL GUIDANCE with Peter

The Tiverton Senior Center is pleased to announce Peter's Channeling Sessions on **Wednesdays and Fridays from August 14<sup>th</sup> through August 29<sup>th</sup>** at the TSC, 207 Canonicus Street in Tiverton. Morning and afternoon sessions will be available for these "Get Unstuck and Re-Focused" conversations with Peter's Angel Guide, aka Peter's Guardian Angel, who has provided helpful advice and problem resolutions in more than 250 channeling sessions since Peter "went public" with this offer of guidance in October of 2019. In gratitude and in the spirit of paying it forward, there is no charge for these casual, friendly, and often helpful sessions. Visit [www.PetersChanneling.com](http://www.PetersChanneling.com) for detailed information and to request a session.



**AARP Safe Drivers Class- Friday, August 16th from 9 a.m. to 2 p.m.**  
AARP Members pay \$20 & non-members pay \$25 **Sign up in office**  
Participants may get insurance discount

Introducing Boot, Scoot & Boogie LINE  
DANCING with JO-ANN  
FRIDAYS at 12:45 p.m. FREE!



**ACTIVITIES AT A GLANCE**

- TOPS – Monday at 9:00 a.m. in Game Room**
- Functional Fitness with Deb—Mondays & Wednesdays 9 a.m. and Fridays at 10:00**
- Quilting for Charity meets every Monday at 10:00-3:00 p.m.**
- Pitch League- Hi, Lo, Jack meets Mondays at 12:30-3 p.m.**
- Chair Yoga with Shirley—Tuesday’s at 9 a.m. Class fee is \$3 per class.**
- Drums Alive! with Jessica-Tuesdays at 12:45 p.m. Class fee is \$3 per class.**
- Paint with Shawndavid Tuesdays 2:00-3:30 pm \$25 for 6-week session**
- Book Club Tuesday, July 16th at 10:15 “Lessons in Chemistry” & Tuesday, August 20th at 10:15 “Gone Girl”**
- Mahjongg– Tuesdays and Fridays, 11:00 a.m.-3 p.m**
- Wednesdays: 12:30-3 p.m. Cribbage (Game Rm)**
- Chorus –Wednesdays at 12:30 in the Lounge**
- Balance & Mobility with Jess-Thursdays at 9:00 a.m. Class fee is \$3 for members**
- CENTER MEETING** will be held on **Thursday, July 11th at 10:15 am**
- TECH TIME** with Kristin-Thursdays, July 11th & August 8th at 10 a.m. (monthly)
- BINGO-Thursdays!!! 1:00-3:00 PM Start Promptly at 1:00**
- Knitters for Charity-Thursdays at 1:00-3:00 p.m.**
- Zumba with Jessica—Fridays at 8:45 a.m. Fee is \$3.00 per class**



**Thursdays @ 1:00 SHARP**  
**July 11,18,25 & August 1,8,15,22,29**

Our next Center Meeting will be **Thursday, July 11th** at 10:15 a.m. All members are invited to attend.

**TECH TIME with Kristin!—Second Thursday of the month – July 11th & August 8th at 10:00 a.m. Kristin Amaral, Technology Coordinator from the Tiverton Public Library will be here to help with all your technical issues; especially smart phones! .**

**CARE GIVER SUPPORT GROUP**

Alzheimer’s and Care Giver Support Group will meet on **Mondays, July 8 & 22 and August 5 & 19 2:30 to 3:45p.m.;** Nurse Care Manager: **Janet Grapentine** facilitates this group. **New care givers are always welcome.**



**Blood Pressure Check with Terri from Visiting Nurse Home & Hospice~ Thursdays, July 18 & August 15 at 10:00-11:30 a.m.**



**July 2024**

Donald Barnes	02	Margaret Cordeiro	20
Gail Favazza	04	Richard Lima	21
Angela Denham	06	Linda Landers	23
Linda DaPonte	06	Diane Cacase	24
Annette Bibeau	08	Dorothy Arruda	25
Linda Miller	08	Judy Madeira-Sylvain	25
Joan Garvey	09	Mike Kennedy	25
Nancy Dopart	13	Pat Curran	26
Pauline O’Neill	13	Beverly Rego	27
Pat Audette	14	Lois Marshall	28
John Moniz Jr.	18	Mary Silveria	30
		Madeline Gardiner	31
		Louise Muzaca	31

**August 2024**

Martha Delpape	01
Janet Mills	02
Carol Cabral	04
Josephine Vierra	04
Patricia Dubois	06
Alan Bradley	06
Barbara Medeiros	09
David Springer	10
Raymond Motta	11
Carlene Ventura	11
Peter Cabral	12
Marlys Mello	13
Diane Gauvin	14
Cynthia Emond	15
Rose Moniz	15
Maureen St. Laurent	16
<b>Manny Fontes</b>	<b>16</b>
Nancy Rebello	17
Doris Robidoux	17
Pauline O’Connell	21
Norma Marchand	21
Marlene Beaulieu	26
Joyce Helger	28
Lynne Toth	29
<b>Angela DaPonte</b>	<b>29</b>

**Please note ‘Birthday List’ is based on current 2024 membership list**



