



Multi-Purpose Senior Center

"Serving the Senior Community for 36 years"



Director's Message: *"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them." ~John Fitzgerald Kennedy*

November is here and The Great Pumpkin will soon be knocking at our door. Will someone please slow down father time?

Our Bazaar will be held on Saturday and Sunday (November 11th & 12th). We are still looking for donations for our grocery baskets and themed baskets. Don't forget to send or bring in your raffle tickets. You can't win if you don't play!

Come support the Center! This is our biggest fundraiser of the year! Help keep your Center open and get a jump on holiday shopping! If you'd like to volunteer at the bazaar, please call the office at 683-4106.

To all our Veterans, THANK YOU for what you have done for our Country & keeping us FREE.



Cynthia



Monday, November 13, 2017

Veterans Day Celebrated

Center Closed

Remember & honor our Veterans who have it possible for us to enjoy our freedom!

Saturday, 11/11/17—10:00AM—3:00PM

Sunday, 11/12/17—10:00AM—2:00PM

(Raffle Drawing—2:30PM)

We need help from all volunteers to set up on Wednesday, 11/8th, Thursday, 11/9th and Friday 11/10th



Friday, 11/10th

We need help cutting up
Chourico — 9:30AM

REMINDER: NO ACTIVITIES ALL WEEK

Thanksgiving Holiday Schedule

Wednesday, 11/22/17 (Day before Thanksgiving)

Center Closing at 1:00PM

day, 11/23/17 (Thanksgiving Day)

Center Closed All Day

Friday, 11/24/17 (Day After Thanksgiving Day)

Center Closed All Day



Time to fall back



November 5th ^{AP}



THE WINDMILL NEWSLETTER NOVEMBER 2017

Senior Center Hours

9:00 AM—4:00 PM

Closed for Lunch

12:00pm—1:00pm

Phone Number

(401) 683-4106

Fax Number

(401) 683-4001

BOARD OFFICERS

Chairperson of the

Board

Helen M. Mathieu

Vice Chairperson

Susan G. Resare

Secretary

Rita H. St. Laurent

Treasurer

Edmund B. Silveria

Executive Director/

Notary

Cynthia J. Koniecki

Executive Admin.

Assistant

Rachel L. Whitmarsh

Janitor

Scott Sherman

Mealsite Coordinator

Justin R. Carreiro

SHIP & SMP Specialist

Pat Walker

(401) 644-3317

Volunteer Staff

Office Assistants

Barbara W. Platt

Social Media

Andrew V. Kelly

Chorus Director

Josephine E. Vierra

Thrft Shop Manager

Joan A. DeNardo

Support Group

Facilitator

Kerry Murphy

Meetings & Announcements, etc.

Fitness Center

The next orientation classes for the Fitness Center are:
Friday, 11/3/17—10:30 AM
Thursday, 11/30/17—1:00 PM



Chorus Appreciation

Thank you to our volunteer Island Senior Chorus for the lovely performance on Sunday, September 24.
Thank you to all who helped out with the pastries and drinks.
Looking forward to next year's concert.



Board Meeting

Thursday, 11/16/17
1:15 PM



Visiting Nurse

Wednesday, 11/22/17
11:00 AM - In Library



Hear A Better Day™

Health Presentation:

Learn How HEARING Stimulates Your BRAIN

"We hope you & your family will join us on **Thursday, December 7th at 10:45 a.m.** to discuss the significance of hearing with your brain. We will actually see inside your ear canal to help you understand why you may be experiencing problems like:

- Hearing, but not being able to distinguish certain words
- Frequently asking people to repeat themselves
- Difficulty hearing on the phone & in restaurants"

Please call the office at 683-4106 to reserve your seat!

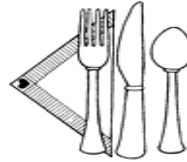


Thursday, December 14, 2017 from 11:00AM-2:00PM

**WELCOME
NEW MEMBERS**

**Deborah Connell, Susan Futoma,
Howard Kelly, Pauline Reynolds,
Michael Warren**

THE PORTSMOUTH CAFÉ



Join us Monday through Friday at noon for a nutritious lunch. The Senior Lunch Program is open to all older adults age 60+. The suggested donation for lunch is \$3.00.

Meal requests must be called in before 11:30 a.m. the previous day!

SEPTEMBER 2017 CALENDAR RAFFLE WINNERS

09/01	Theresa Hadad	09/15	Bob Hamilton
09/04	Susan Cooper	09/18	Lenora Seymour
09/05	Mark Borowy	09/19	Anthony Toben
09/06	Donald & Rosemary Burkhardt	09/20	Mary Anne Best
09/07	Lenora Seymour	09/21	Mary Anne Best
09/08	Mary Silveria	09/22	Susan Cooper
09/11	Lauro Rozul	09/25	Bob Poniatowski
09/12	Christine Marchese	09/26	Lauro Rozul
09/13	Frank DaLuz	09/27	Bob Poniatowski
09/14	Sue Kplathor	09/28	Barbara W Platt
		09/29	Jack Appleby



Did you know that: PEOPLE BORN IN NOVEMBER (SCORPIOS) ARE:

"Loyal, Passionate, Resourceful, Observant, and Dynamic". The **November** birthstone is the "TOPAZ"—The word 'topaz,' comes from a Sanskrit word meaning "fire." And in ancient lore, the topaz could be used to control heat. It was said to have the power to cool boiling water, as well as excessive anger. As a medication, topaz was used to cure a fever.

******Cindy's Corner******



When buying raffle tickets (AND at the bazaar) you can save time by using your extra mailing labels.

**Jeff and Patty Sample Family
12345 Sample Street
Estero, FL 33928**

Thrift Shop

**COME AND VISIT OUR THRIFT SHOP FOR GREAT BARGAINS
& MEET OUR FRIENDLY STAFF!**

Hours: Monday - Friday 9:30 a.m. - 12:00 p.m. and 1:00 p.m.—3:00 p.m.

CLOSED FOR LUNCH: Noon to 1:00 p.m. Closed Weekends and Holidays

We Do Not Accept Credit Cards!

**THRIFT SHOP WILL BE OPENED NOVEMBER 11TH – 10:00AM-3:00PM
& NOVEMBER 12TH - 10:00AM-2:00PM**



Supplemental
Nutrition
Assistance
Program

SNAP, formerly called Food Stamps, is a government program to help people who need a little help buying food. If you are over 60 and your income is at or below the guidelines (call 644-3317 for information), you may be eligible to receive SNAP benefits. Even if you only qualify for the minimum benefit, this means you are also eligible for a free cell phone and a reduced electricity rate.



"Beyond the Sunset"

Mary Braga

WANTED



WANTED

All receipts may be left in our Blue Box in the front lobby, brought to the main office, or mailed to the Senior Center. Clements Market contributes 1% of all the receipt totals to our Senior Center. This is a great mini fundraiser for the Center. Thank you.

GET WELL WISHES



Please pray for our members who are sick and their families, especially those in hospitals, rehabilitation centers, nursing facilities, the homebound and those undergoing medical treatments.

QUOTE OF THE MONTH

november
please be good to me.
us

SHIP

Senior Health Insurance Program

Pat Walker or another SHIP counselor will be here every Tuesday from 1 to 4 PM. A SHIP counselor is trained and certified to help you navigate the Medicare system and to answer your questions about Medicare A, B, C, and D, Medicare Advantage, and supplemental plans. Pat can also help you make sense of your medical bills. Please call 644-3317 to book an appointment (required) or email at:

PMPSC@OUTLOOK.COM

Don't forget about Medicare Open Enrollment from October 16 to December 7 every year. This is your only time during the year when we can review your prescription drug plan – you might save money in January next year!

An appointment is required!

SMP (Senior Medicare Patrol)

Senior Medicare Patrol teaches beneficiaries about how to recognize and report suspected instances of Medicare fraud or abuse. Keep an eye out for announcements about SMP activities and presentations here at the Center. **Remember the SMP motto:**

Protect, Detect, Report!

Soda Can Tabs



To everyone who contributed to the soda (or beer) tab collection, we have about 150 lbs of tabs, and 'Thank You All'. Let's try for the same or more next year! ~Alex & Bev Gair



MONTAUP CHARITY DAY

September 27, 2017

PAY TO THE ORDER OF

Portsmouth Multi-Purpose Center

\$1,000.00

One Thousand and 00/100

DOLLARS

Montaup Charity Day 2017

Thank you, Montaup Country Club!



NOVEMBER 2017 BIRTHDAYS CELEBRATION!



Fredette	Jean	11/02	Fitzgerald	Marie	11/13	Addis	Bernard	11/22
Mello	Philip	11/02	Oesterling	Paula	11/13	Longino	Stephanie	11/22
Perry	Bruce	11/03	Geary	David	11/14	Young	Joan	11/22
Claytor	Pamela	11/04	O'Coin	Claire	11/14	Corr	Florence	11/24
Ponte	Edith	11/04	Zagaglia	Mary	11/14	Keelty	Carol	11/24
Rogers	Cindy	11/04	Chaves	Zulmira	11/15	Ferri	Joseph	11/25
Silvia	Elsie	11/04	Pieroni	Paul	11/15	Watt	Virginia	11/25
Williams	Evamaria	11/04	Arrico	Claire	11/16	Howell	Carolyn	11/26
Arrico	Stephen	11/05	Halladay	Maurice	11/16	Trombley	Ernest	11/26
Cunard	Edward	11/05	Andrade	Helena	11/17	Arsenault	Robert	11/27
Folger	Millie	11/06	Emond	Eugene	11/17	Geary	Betty	11/27
Wilder	Irene	11/06	Sanchez	Dorothy	11/17	Lepore	Milena	11/27
Johnson	Lucy	11/07	Sullivan	Hannah	11/17	Patenaude	Gertrude	11/27
Arruda	Paul	11/08	McGaw	George	11/18	Morgan	Julia	11/28
Moniz	Rodney	11/08	Sullivan	Margo	11/18	Newhouse	Glennice	11/28
Murphy	Laura	11/09	Alves	Edmund	11/20	Pemental	Sheila	11/28
Nadeau	Martha	11/09	Aubin	Patricia	11/20	Muldoon	Terrance	11/29
Glancy	Tom	11/10	Hanson	Connie	11/20	Icart	Roger	11/30
Dodge	Marjorie	11/11	Howarth	Robert	11/20	Jones	Harry	11/30
Johnson	Dolores	11/11	Relle	Edward	11/20	Maney	Ada	11/30
McDaid	John	11/11	Vastano	Joseph	11/20	Medeiros	Amelia	11/30
Piktel	Jane	11/11	Wallace	Paula	11/20			
Collins	Michael	11/12	Catelli	Jean	11/21			



ADDRESS SERVICE REQUIRED

MealSite: (401) 683-4106

FAX: (401) 683-4001

Office: (401) 683-4106

PORTSMOUTH, RI 02871

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110 Bristol Ferry Road

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Senior Center

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BRISTOL, RI 02809

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