

Multi-Purpose Senior Center

Serving the Senior Community for 36 years

Director's Message: "Christmas gift suggestions: To your enemy, forgiveness. To an opponent, tolerance. To a friend, your heart. To a customer, service. To all, charity. To every child, a good example. To yourself, respect."
~Oren Arnold

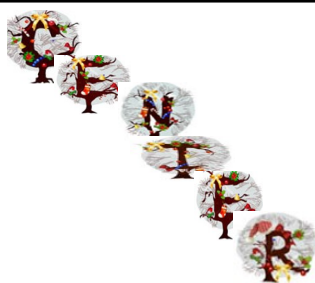
Thank you to everyone who participated in our Bazaar Fundraiser. The donated gift cards, money, and baskets were amazing. Homemade crafts and knitted items were beautiful. Food and baked goods were simply delicious.

The volunteers outdid themselves and their labor of love paid off. We could not do without our dedicated volunteers. We thank our members, friends, families, and the community for supporting our event.

*All of us coming together made our bazaar a huge success. Please continue your support to the Portsmouth Senior Center so we can remain open to help our elder community. **We need YOU!** Again, my deepest appreciation to all.*

Merry Christmas and Happy Holidays. Your Director,

Cynthia



THE WINDMILL NEWSLETTER DECEMBER 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

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Pat Walker

(401) 644-3317

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Office Assistants

Barbara W. Platt

Social Media

Andrew V. Kelly

Chorus Director

Josephine E. Vierra

Thrift Shop Manager

Joan E. DeNardo

Support Group

Facilitator

Kerry Murphy



The Aqua Turf Club-December 12, 2017(SOLD OUT)

Please arrive at the Senior Center at 8:00 AM;departure time: 8:30 AM.

You'll return home at 5:30 PM.

Meetings & Announcements, etc.

Fitness Center

The next orientation classes for the Fitness Center are:

Monday, 12/4/17—10:30 AM
Monday, 12/18/17—1:00 PM



Chorus



Chorus is cancelled for the entire month of January per Director, Josephine Vierra

Pharmacy Outreach Program



There will be no URI presentation in December!

**MEDICARE
OPEN ENROLLMENT**

Oct. 15 - Dec. 7

LAST CHANCE—Open Enrollment starts:

October 15—December 7 Portsmouth Senior Center:

Open enrollment schedule: Thursday, December 7th—9:00 a.m. to 3:00 p.m. Also, every Tuesday through Thursday (S.H.I.P.) from 1:00 p.m.-4:00 p.m. Please schedule an appointment as soon as possible with Pat Walker at 401-644-3317.



Presentation: Thursday, December 7th at 10:45 a.m.

Please see insert for pertinent information!



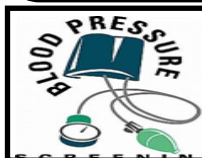
Truckload Sale

**Thursday, December 14, 2016
11:00 AM—2:00 PM**

alfred dunner, Rafael, Mackintosh, handbags & more!
Visa, Master Card, cash, & personal checks accepted



December 21st

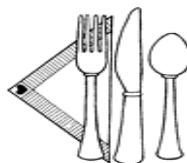


**Visiting Nurse
Wednesday, 12/27/17
11:00 AM - In Library**

**WELCOME
new members**

**John G Arruda, Robert Beaumont,
David Creeden, Deborah Creeden,
Luz Maria Maciel, Edward Nary,
Nancy Arruda Nary, Brenda Sisson**

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!

**RANDOM
FACTS**

- 1) President Kennedy was the fastest random speaker in the world with upwards of 350 words per minute.
- 2) The sound of E.T. walking was made by someone squishing her hands in jelly.
- 3) The Baby Ruth candy bar was actually named after Grover Cleveland's baby daughter, Ruth.
- 4) The elephant is the only animal with 4 knees.
- 5) You burn more calories sleeping than you do watching TV.

**Did you know that: PEOPLE BORN IN
DECEMBER ARE:**



**"Loyal & Generous, Patriotic, Impatient & Hasty,
Ambitious, Short Tempered, Loves to joke &
too many more to mention.**

The **December** birthstone is "TURQUOISE"—is rare and valuable in finer grades & has been prized as a gemstone and ornamental stone for thousands of years owing to its unique hue. In recent times, turquoise has been devalued, like most other opaque gems, by the introduction onto the market of treatments, imitations, and synthetics.

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

Toss that sponge!

Trying to sanitize a sponge in a microwave or with bleach actually ups the odds it'll make you sick! How? By killing off weaker bugs, making space for stronger, more dangerous ones to spread to every square inch. Buy a new sponge every week or so, advises researcher Markus Egert, Ph.D.

❁ ❁ Thrift Shop ❁ ❁

**Christmas
items are in!**

**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!

**Attention: A limited supply of bazaar items are for sale on Mondays & Tuesdays in
the Thrift Shop through December 19th.**



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

Kathleen Faria
Donald Neville
Richard Oswald
Judith Terry

SHIP

Senior Health Insurance Program Pat Walker or another SHIP counselor will be here every Tuesday through Thursday 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). ***Don't forget about Medicare Open Enrollment from October 15 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!***



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.

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!

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



REMINDER FOR WINTER

WEATHER PROBLEMS

Procedures for the Senior Center & Mealsite closings due to inclement weather.



1) Portsmouth Senior Center will read **CLOSED AND MEALSITE CLOSED.** This will be televised on most of your major TV stations below your TV screen.

2) **MEALSITE ONLY—RADIO**—Cancellation is announced on **WPRO-AM** as “East Bay & Aquidneck Island Meal Sites”. When in doubt call the Center. If we don’t answer, we are probably closed.



DECEMBER

2017 BIRTHDAYS CELEBRATION!



Crabtree Rita	12/01	Sacrey Laurie.....	12/13	Connor Robin	12/21
Resare Susan.....	12/01	Flynn Jack	12/14	Gorton Anna	12/21
St Pierre Beverly.....	12/01	Allen Douglas	12/15	Bissonnette Anita	12/23
Peters Kay.....	12/04	Carey Ann	12/16	Moles Arlene	12/23
Burns Constance.....	12/05	Cloutier Charles	12/16	Prasol Ann Marie	12/23
Dees Betsy.....	12/05	Agostinelli Anthony	12/17	Boudewyns Linda.....	12/24
Brogan Marie Rose	12/07	Croll Bill.....	12/17	Lynch Carol.....	12/25
Malone Thomas.....	12/07	Hollander Rhonda	12/17	Dorchies Susan	12/26
Paul Maybelle	12/07	St Laurent Paul	12/17	Crow Darlene.....	12/27
Towle Fran	12/07	St Laurent Paul J.....	12/17	Henrique Meribah	12/27
Perl Pamela.....	12/08	Hall Joanna.....	12/18	Schuur Joy.....	12/27
Vicuna Loreta.....	12/08	Manchester Geraldine	12/18	Weber Joyce	12/27
Fernandes Leslie	12/10	McGaw Lee.....	12/18	Barandiaran Deborah	12/28
Aguiar Kenneth	12/11	Towle George.....	12/18	Richard Jeffrey.....	12/29
Malone Cynthia.....	12/11	Kieron Rochelle.....	12/19	Rozul Lauro	12/29
Silvia Joseph	12/12	Koniecki Cynthia	12/19	Mare-Schulz Maria	12/30
McGreavy Dolores	12/13	Vivieros Barbara.....	12/19	Vergara Fel	12/30
Nunes Joseph	12/13	Amoruso Fran	12/21	Soares Gilbert.....	12/31
Rocha Joan	12/13	Brown Angelina.....	12/21		



ADDRESS SERVICE REQUIRED

Mealite: (401) 683-4106

FAX: (401) 683-4001

Office: (401) 683-4106

PORTSMOUTH, RI 02871

P.O. Box 202

110 Bristol Ferry Road

**Portsmouth Multi-Purpose
Senior Center**

PERMIT NO. 129

BRISTOL, RI 02809

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U.S. POSTAGE

NON-PROFIT ORG.