



Multi-Purpose Senior Center

Serving the Senior Community for 39 years



Director's Message:

*There are four positions to be filled this year for the Board of Directors. If you're interested in becoming a Board Member, please add your name to the Nomination Sign-up Sheet posted on the Center's Bulletin Board in the lobby. The slate of candidates for election or re-election will be presented to the Membership at the May 18th meeting when other candidates can be nominated from the floor. The elections will be held on June 22, 2020 unless there are only **four candidates** or an insufficient number of candidates to fill vacancies. In this case, By-Laws IV.2.E will be followed and a regular meeting held in June instead of an election. Nominating Committee Chair Bridget Kelly. If you have any questions, please call 683-4106.*

~Cynthia

directorck@pmpsc.necoxmail.com

Portsmouth Senior Center STRONG

Good Friday

April 10th
Center Closing
at 2:00 p.m.

April
12th



FYI Members: Please show your support for the Portsmouth Senior Center.
We do not want our Center to close.

"At their meeting of February 10, 2020, the Town Council voted to fund the Portsmouth Senior Center civic request from the Town of Portsmouth.

At this time, other Town Council budget meetings where civic support may be discussed are April 22, the public hearing on June 10, and the formal adoption of the budget on June 22. You may want to attend these meetings to ensure there are no last-minute changes in amounts. Although not probable, these dates could change, but all Town Council meetings are public, and agendas are posted to the Secretary of State's web site and the Town's web site. You can be automatically notified of new Town Council agendas by going to www.portsmouthri.com clicking "Notify Me" button, creating an account and signing in and scrolling to "Agenda Center" at the bottom of the page. Choose the "Town Council" to receive notice of meetings. You can opt out at a later time if desired."



THE WINDMILL NEWSLETTER APRIL 2020

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

Chairperson of the Board

Helen M. Mathieu

Executive Director/ Notary

Cynthia J. Koniecki

Executive Admin. Assistant

Rachel L. Whitmarsh

Janitor & Mealsite Manager

Scott A. Sherman

SHIP & SMP Specialist

Donna A. Macomber
(401) 293-0114 (Office)
(401)-644-3317 (Cell)

Volunteer Staff Treasurer

Edmund B. Silveria

Office Assistant

Linda L. Frezza
Barbara W. Platt

Chorus Director

Josephine E. Vierra

Thrift Shop Manager

Joan A. DeNardo

Support Group

Facilitator

Kerry Murphy

April
Birthstone
Diamond!

The Bulletin Board

\$\$\$\$ AARP TAX ASSISTANCE \$\$\$\$

Free income tax assistance will be available

THURSDAYS AND FRIDAYS ONLY

Now thru April 10
from 10:00 a.m.—1:00 p.m.

Walk-ins only!

You must bring 2018 tax returns
(Federal & State).

All 2019-W2's, 1099's, SSA-1099's etc.

National Volunteer Week

April 19—April 25, 2020



FOXWOODS RESORT ♦ CASINO

'Rescheduled'

The Portsmouth Senior Center is sponsoring a trip to
FOXWOODS.

NEW Date: Thursday, MAY 14th, 2020

Cost: \$22.00/pp (Includes Transportation & Gratuity)

'Payment Upon Reservation'

Departure Time from Senior Center: 8:00 a.m.

(Be at the Senior Center by 7:30 a.m.)

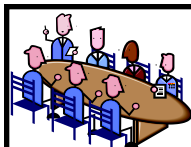
Leaving Foxwoods at 4:00 p.m.

Returning to Center approximately 5:30 p.m.

For Reservations: Call 683-4106

Laugh "Oh God," sighed the wife one morning.
EVERY DAY "I'm convinced my mind is almost
completely gone!"

Her husband looked up from the newspaper and
commented, "I'm not surprised: You've been
giving me a piece of it every day for 30 years!"



****Board Meeting****
Thursday, 04/16/20
1:15PM

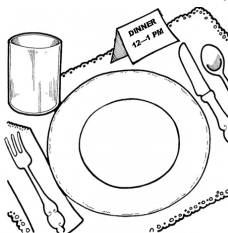
Visiting Nurse
Wednesday, April 22nd
11:00 AM - In Library



WELCOME new members

*Jeannie O'Donnell-Northup, Leslie Nunes,
Sharon Oliveira, Susan Ring, Richard Roy*

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! Please call 401-683-4106.

Funded in part by the U.S. Administration on Aging, and
State Funds through the RI OHA.



New AARP "Smart Driver" Program

Friday, May 30th

8:00 AM—12:15 PM

AARP Members: \$15.00

Non-AARP Members: \$20.00

The program is available to citizens 55 years and
older to brush up on current information and strategies
for avoiding mishaps on the road. By taking this
enhanced course, you'll learn:

Evidence-based safe driving strategies

New traffic laws and rules of the road

How to deal with aggressive drivers

A certificate is issued upon completion of the course
for a reduction in car insurance costs.

**Participants must be on time for the start of
the program. Please call the Center to
register at 683-4106.**

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

**PLACE A RUBBER BAND AROUND AN OPEN
PAINT CAN TO WIPE YOUR BRUSH ON,
AND KEEP PAINT OFF THE SIDE OF THE CAN**





**Please note, Spring and Summer
Clothing Available in Thrift Shop**

Starting Wednesday, April 1st!

Also available are Easter decorations.



❁ ❁ 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

Closed all day, 3/30th & 3/31st!



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 866-306-0270 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.

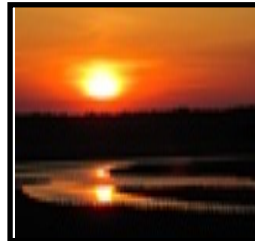


SHIP Senior Health Insurance Program

Donna Macomber a S.H.I.P. 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. Donna 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.



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.



"Beyond the Sunset"

George Bowab, Ruth Burton,
David Geary, Eunice Lemieux,
Leonard Mark,
Joseph "Red" Mathias,
Maybelle Paul, Claire Witkos

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.



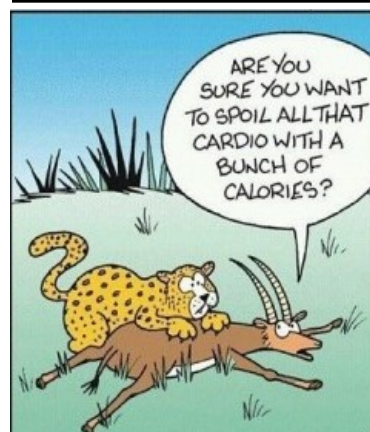
Special & Wacky April Days

April 1—April Fools' Day
April 2—Autism Awareness Day
April 3—National Walking Day
April 5—Deep Dish Pizza Day
April 10—National Siblings Day
April 11—National Pet Day
April 12—National Grilled Cheese Day
April 15—Tax Day (Taxes Due)
April 23—English Language Day
April 24—Admins Professionals Day
April 30—I am in Control Day

Quote of the Month

"Isn't appropriate that the month of the tax begins with April Fool's Day and ends with cries of 'May Day'!"

Answer: The car is 18 months old; the tires are a year old.



Cardio Exercise Class

Please note for the entire month of April, starting April 3rd, the cardio exercise class will be free for all participants courtesy of BlueCross Blue Shield of Rhode Island.

**HAPPY
BIRTHDAY!**



**HAPPY
BIRTHDAY!**

For security reasons, we will no longer display the month/day of the birthdays!

Amaral, Lucille
Andrews, Deborah
Barretto, Mary
Bernier, Constance
Burrows, Jane
Busch, Kim
Caramos, Katherine
Carignan, Nancy
Carlone, Peg
Cherpak, Evelyn
Cole II, Harold
Condon, Robert
Densmore, Paul
Donahue, Conrad
Dunbar, Patricia
Ferreira, Eleanor
Flood, Joseph
Gair, Beverly
Ingraham, Duncan
Lawlor, Ida

Lawrence, Helen
Lawton, Gay
Lees, Patricia
Letendre, Irma
Light, Deb
Luckenbaugh, Miriam
Maney, William
Martin, Peter
McDowell, Joseph
Miller, David
Montecalvo, Arline
Myslivy, Madeleine
Navarrete, Muriel
Oehrtmann, Donna
Omori, Roy
Pacheco, Tony
Padula, Constance
Peabody, Judith
Platt, Elaine
Reed, Ronald

Rezendes, Kathy
Robbins, Mary
Roppe, Solange
Rosa, Carol
Segall, Marshall
Selley, John
Silvestre, Dorothea
Sniezek, Eva
Sousa, Alice
Sullivan, Martin
Swann Jr, Robert
Trigueiro, Marilyn
Turcotte, Millie
Viveros, Louise
Walker, Susan
Wilcox, Beth
Wilkinson, John
Witek, Delores



ADDRESS SERVICE REQUIRED

MealSite: (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**

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BRISTOL, RI 02809

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