



Portsmouth Multi-Purpose Senior Center



Serving the Senior Community for 44 Years!

Director's Message:

"If you judge people, you have no time to love them." ~Mother Teresa

Dear Members and Friends,

As we are now in the heart of winter, don't let the weather keep you away from the Senior Center. This way you can save on your utility bills (we are a warming center from 9:00AM-4:00PM) and participate in the many programs we have to offer. You can also offer your skills by volunteering especially now that we have to downsize in our wonderful and successful; Thrift Shop. Just pick up the phone or email us at directorck@pmpsc.necoxmail.com. The Senior Center could use volunteers to pack boxes and also dispose of things or find a home that we will not use or need at the new Senior Center. The Thrift Shop contact is Melanie McGrath and Office contact is Rachel or me at 401-683-4106.

We will still continue our fundraising efforts during the transition. Our bills still have to be paid and it's business as usual. When we call on you, our members and community, you are there for us, but don't forget to volunteer.

WEAR YOUR RED — National Wear Red Day is a day in February when many people wear red to show their support for the awareness of heart disease. Date: Friday, February 7, 2025



Cynthia

Dear Members,

Just a quick note to wish you all a Happy Valentine's Day and remind you also just a few more weeks until early spring. Keep warm!

If you all have any questions or suggestions, please call me and let me know at 401-682-2714 or email me at mrattay50@hotmail.com.

Sincerely,

Margie



February

2025

NEWSLETTER

Senior Center Hours

Monday thru Friday

9:00 AM—4:00 PM

Phone Number:

(401) 683-4106

Thrift Shop Hours

Monday thru Friday

10:00 AM—1:00 PM

Chairman of the Board

Margaret M. Rattay

Director/Notary

Cynthia J. Koniecki

Admin. Assistant

Rachel L. Whitmarsh

SHIP & SMP Specialist

401-846-7426, Ext. 4

Volunteer Staff

Thrift Shop Manager

Melanie McGrath

Chorus Director

Claire Eklund

Support Grp Facilitator

Kerry Murphy

Sunshine Secretary

Rachel L. Whitmarsh

Monday
PRESIDENTS DAY
February 17th



CENTER CLOSED

The Bulletin Board

Thursday

Board Meeting

February 20—1:15 PM



Katherine Caramos

February is American Heart Month



National Wear Red Day, on the first Friday in February, is an annual campaign to raise awareness about heart disease in women.

ANYTHING
IS POSSIBLE

Tidbits of Info.

Having only 28 days in common years, February is the only month of the year that can pass without a single full moon. Using Coordinated Universal Time as the basis for determining the date and time of a full moon, this last happened in 2018 and will next happen in 2037.

AARP Tax Aide Free Tax Return Prep BY APPOINTMENT ONLY

Beginning February 6 thru April 10
Thursdays & Fridays

You must bring 2023 tax returns
(Federal & State).

All 2024-W2's, 1099's, SSA-1099's
(all pertinent tax information).

*Please call Rachel at 401-683-4106
for an appointment.*



BLOOD PRESSURE

Visiting Nurse
Wednesday 02/26/25
11:00 AM-12:00 PM
PMPSC Library

New Members

WELCOME

*Pat Brinegar, Carol Clifford
Deborah Cooper, Liz Krol
Kathy Matsch, Randy Matsch
Peg Armstrong Murray, Janet Skinner*

QUOTE OF THE MONTH

"Though February is short, it is filled
with lots of love and sweet surprises."

Charmaine J. Forde

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.



*** Cindy's Corner ***

VALENTINE HEART SANDWICH COOKIES

Ingredients

1 package (16 oz) refrigerated
Pillsbury™ Ready to Bake!™ Sugar
Cookie Dough (24 Count)



¾ cup fluffy white whipped ready-to-spread frosting
(from 12-oz container)

Red food color

2 tbsp. white decorator sugar crystals

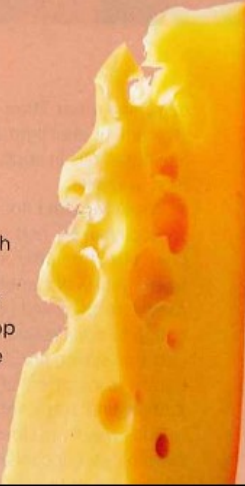
Instructions

1 Heat oven to 350°F. Bake cookies as directed on package. Cool on cookie sheets 1 Minute. Using 1-inch heart-shaped cutter, cut the centers out of 12 of the cookies. Set aside for another use. Remove from cookie sheets to cooling racks. Cool completely, about 15 minutes

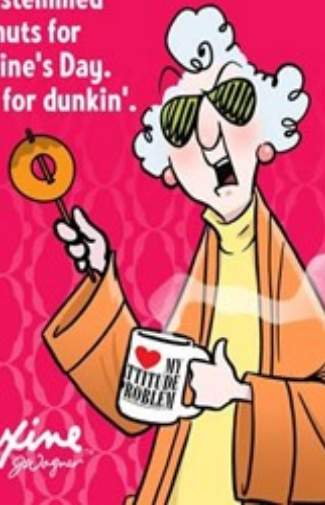
2 In a small bowl, stir frosting and 1 drop red food color until well blended. Spread 1 tablespoon frosting on bottom side of each of the 12 uncut cookies. Top each with cookie with center cut out; press together gently. Sprinkle heart centers with sugar. Store loosely covered.

STORAGE SMARTS

KEEP CHEESE FRESH

Instead of sealing your block of cheese in only a zip-top bag, try this first: Dampen a paper towel with white vinegar and wrap it around the cheese. At that point, transfer it to a zip-top bag and chill. The moisture prevents the cheese from drying out, while vinegar's acidity fights off mold and bacteria. 

I'd prefer a dozen
long-stemmed
donuts for
Valentine's Day.
Perfect for dunkin'.



Funny & Wacky Days in February 2025

02/01—Eat Ice Cream for
Breakfast Day
02/02—Day of the Crêpe
02/03—Carrot Cake Day
02/04—Stuffed Mushroom Day
02/07—e-Day
02/09—Happy Pizza Day
02/19—Chocolate Mint Day
02/11—Make a Friend Day
02/15—Gumdrop Day
02/22—Be Humble Day
02/24—Tortilla Chip Day
02/26—Pistachio Day
02/27—No Brainer Day



SHIP Senior Health Insurance Program

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. A counselor can also help you make sense of your medical bills. For more information, please call 401-846-7426, Ext. 4 to book an appointment (required).

CLEMENTS' COMMUNITY PARTNER'S PROGRAM

Two ways to donate your **Clements' Market Receipts** toward our **FUNDRAISER**:

Mail to: PO Box 202, Portsmouth, RI 02871-0202

Drop off at the Portsmouth Senior Center, 110 Bristol Ferry Rd, Portsmouth RI.

PLEASE CONTINUE USING MAIL SLOT IN FRONT DOOR! THANK YOU!

Clements' Market contributes 1% of all receipts total to us. No receipt is too small.
As usual, we continue to appreciate your contribution.



The history of Valentine's Day:

"Valentine's Day is believed to have originated from a Roman festival called Lupercalia, which was celebrated in mid-February and involved rituals related to fertility and pairing up couples; the Catholic Church later Christianized the holiday by associating it with Saint Valentine, a martyr believed to have been executed on February 14th, thus establishing the modern Valentine's Day celebration on that date."

*****Thrift Shop NEWS*****

The Thrift Shop is beginning to downsize on many items. This is because of our new adventure to the upcoming new Thrift Shop. Please feel free to visit not only our Thrift Shop but our new Odds & Ends Room located in what was the Christmas Room. We have so much to sell and so little time to do it in. If you don't see what you are looking for, ask one of our accommodating volunteers; they are always there to help. We may have the items you're looking for in another area. The Senior Center personnel and Thrift Shop volunteers thank you for all your donations—it helps in our fundraising efforts. Please see the insert for the Odds & Ends Room items that will be sold.

Happy Valentine's Day To All!



Barone Donna	Fitzmorris Lawrence	Plourde Anne Marie
Bernardi Richard	Fitzsimmons Maureen	Plumley Mary Lou
Bradley Dale	Garthee Ken	Poniatowski Helen
Burns Sheila	Gomes William	Rezendes Connie
Camara Grace	Horan Louise	Rinfret Penny
Canario Janice	Kelly Lorraine	Roche George
Capodilupo Chester	Keohane Joseph	Rogers Frances
Combra Nancy	LaCazette Eileen	Schwarz-Gifford Ruth
Cooper Susan	Lacerda Anna	Shearer Beth
Cosgrove Irene	Loveland Mary-Louise	Shuman Rose
Cotsoridis Christine	Mathias Kathie	Stegman Lorene
Crouch Caroline	Oakley Nancy	Stoker Ronnie
Dutra Esther	Paiva Emery	Wesner W. James
Ferreira John	Perry Esther	Wheetley Angelines
Fiorillo Maria	Perry David	White Robert



ADDRESS SERVICE REQUIRED

Office: (401) 683-4106
 Portsmouth, RI 02871
 P.O. Box 202
 110 Bristol Ferry Road

Portsmouth Multi-Purpose
 Senior Center

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