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Shawn J. Brown
Town Administrator

November 2020



*Thanksgiving is a time to remember...
our blessings and make good cheer
with all those who are so dear!*

Middletown Senior Center

November 2020

Classes will not be held on Wednesday, November 11th to celebrate Veterans Day and Thursday, November 26th for Thanksgiving.

Bag lunches will not be available (State – Self help Staff are OFF) on Friday, November 27th.

MSC classes and programs have moved outside under a heated tent!!!

We began offering outdoor classes on October 19th as an alternative to keeping the center doors closed due to the COVID19 Pandemic. This novel approach to reach out to our membership has turned out to be just what our members so desperately needed and wanted. Regaining normalcy, confidence and just “living life”, basic essentials of sound aging. Members are delighted to have this opportunity and we are thrilled we have the ability to offer this unique approach.

Having said that, the tent is up for the next 6 weeks until December 14th. So, if you would like to sign up for a particular class or program, you must call the center 24 hours in advance to register. **NO EXCEPTIONS!** Class size must be limited.



DATES ON NOVEMBER CALENDAR

November 12 – VSN Flu Clinic; November 18th – Floral Design Class

November 11th – no classes; November 12th – Book Club;

November 23rd – Baked Pies and Breads Drop-off at MSC

PURCHASE & RETURN ALL RAFFLE TICKETS

**THE FOLLOWING
RULES MUST BE
ADHERED TO:**

MASKS must be worn at all times. (If you cannot wear a mask because of respiratory conditions) we suggest you should not participate in activities at this time. If you refuse to wear a face mask, you will be asked to leave.

6 FOOT SOCIAL DISTANCING at all times (areas will be clearly marked)

ALL class registrations to be via telephone 24 hours in advance – **NO EXCEPTIONS.**

PRIOR TO CLASS PARTICIPATION! In person registrations – sign in screening for COVID-19.

ALL class sizes will be limited to maintain social distancing.

PLEASE DO NOT GATHER BEFORE OR AFTER CLASSES.

ONLY TWO PROGRAMS per day will be offered.

HAND SANITATION stations will be located at entry and exit way and on all tables. Frequent hand sanitizing will be encouraged.

TABLES, Chairs and equipment must be sanitized after every program. Participants will be assisted with sanitizing accessories.

MSC building will be open for restrooms only.

WOMENS (2) individuals at a time.

MENS (1) individual at a time.

RESTROOMS will be sanitized every 4 hrs by **Staff.** Sanitizers will be placed in each stall for individual sanitation.

PLEASE bring your own water bottle. The water fountain has been turned off.

CDC AND GOVERNOR RAIMONDO PHASE III GUIDELINES WILL BE ENFORCED.

I have spoken with Class instructors. They are all in favor of returning in an outdoor environment with restricted guidelines.

**VISITING NURSE HOME & HOSPICE
FLU SHOT CLINIC**

THURSDAY – NOVEMBER 12, 2020 9-10:30

**MIDDLETOWN SENIOR CENTER
650 GREEN END AVENUE, MIDDLETOWN, RI**

Open to adults only – www.VisitingNurseHH.org

Visiting Nurse Home and Hospice will provide influenza vaccinations to all those eligible regardless of ability to pay. Please bring present insurance card at time of immunization. The flu vaccine is covered by Medicare, Medicaid and most private insurances. If you are allergic to eggs or egg products, you cannot have a flu shot. Please, wear sleeveless or loose tops.

OPEN TO ADULTS ONLY! Masks must be worn. All individuals will be screened for COVID-19 at entryway.

**REAR BACK PARKING LOT!!
CLINIC WILL BE HELD IN THE TENT!**

Sally L. Gruber



SALLY L GRUBER
Journeys with Sally

Interactive Horticulture

flowerstoreveryone@msn.com

HARVEST QUILT

Class will take place at MSC under the tent (heaters are on) – Wednesday, November 13, 2020

COST: \$19.00

Calling all Quilters Using a variety of fresh chrysanthemums, and a rectangular lomi dish, we will design our very own floral quilt. Cushion Fuji and Daisy mum highlight this breathtaking array of color and texture.

Participants will be amazed at the professional results in this marriage of needle and floral work. Please, join us for this unforgettable class.

BOOK CLUB

From the desk of Facilitator, Gary Sargent.

The recent October meeting, safely under the Big Top tent, went well with 5 returning members. It was a warm sunny day and we were all glad for the experience of reconnecting. Our next meeting is November 12th from 1-2 p.m. and the tent now has heaters! The book to be discussed is “The Word is Murder” by Anthony Horowitz. “A clever, droll and highly entertaining murder mystery involving a former British Detective Inspector.”

Horowitz adds himself into the ‘mix’ of characters, adding to an enjoyable read. Anyone interested in joining (as in new members), please contact Gary Sargent at 683-1210.

2020 OPEN ENROLLMENT

MEDICARE PART D

PRESCRIPTION COVERAGE

ENDS DECEMBER 7th

CALL NOW!

To help beneficiaries review their Medicare Health Care and Medicare prescription D (Medicare Part D) plans any changes made to these plans will become effective on January 1, 2021. Trained State Health Insurance Counselors will offer counseling designed to help beneficiaries make informed health care choices.

Now is the time to review your plan to ensure it meets your current needs and not affected by forthcoming changes. However, S.H.I.P. Counselors will not meet with clients in person at MSC this COVID-19 year.

To schedule an appointment, please contact Donna, S.H.I.P. Coordinator AT 662-3252



TUESDAY, NOVEMBER 24, 2020
MSC'S ANNUAL BAKE AND YARD EVENT

I have really, really, really pondered over this annual fundraiser and actually had put together an entire plan on how we could safely and responsibly have this annual event. Then a whole new focus about Thanksgiving came to mind.

So, this is the new plan. Instead of raising money for MSC with your support and assistance, we will provide a homemade pie (1) a bread (1), any variety of pie (banana, date, pumpkin, apple, zucchini, etc., to each of the seniors Chris and I deliver bag lunches to daily. It will certainly put a special meaning to this COVID19 Thanksgiving for them and a thankful smile on their faces.

For the MSC membership although 2020 year has been challenging, this is a way to celebrate and share our blessings with seniors throughout the community.

To accomplish this, we need 32 pies and 32 breads. Volunteers will be calling the entire membership for donations. Please, be responsive. This should be an easy charge if everyone participates.

P.S. Bake Sale and Yard Sale will be moved to the Spring!



(When times will be better)!!

Please deliver goods to MSC on Monday! This is a must for Tuesday/Wednesday delivery to seniors. Remember – masks are required on the grounds of MSC at all times!!

Thank you everyone for your support!!

RAFFLE

**HANDMADE CHRISTMAS QUILT –
Size 34x40 made and donated by Georgianna Rego**

Gift Card (Visa) - \$125.00

99 Restaurant - \$75.00

Dunkin' Donuts - \$50.00

Drawing on December 11th.

Christmas Raffle – just in time for the holiday will make great give-away presents for family or friends

**RAFFLE TICKETS ARE \$10.00 PER TICKET.
PROCEEDS TO SUPPORT MSC**

**COMMUNITY TREE LIGHTING
INFORMATION TO FOLLOW**

**LET'S SEE WHAT COVID-19 GUIDELINES WILL
BE IN PLACE DECEMBER 1, 2020.**



PUT PHOTO OF QUILT ON THIS PAGE



*To all members celebrating birthdays
during the month of November,
we wish you A Very Happy Birthday.*





**LUNCH MENU
GRAB AND GO**

BAG LUNCHES ARE AVAILABLE AT MSC

COST: \$3.00

MUST ORDER 24 HOURS IN ADVANCE.

**THERE ARE NO EXTRAS SO, PLEASE PLACE
YOUR ORDER!**

SO, HERE WE GO!!!

ACTIVITIES AND CLASSES

All classes will be 45 minutes (with few exceptions)

MONDAYS

10:30 a.m. ZUMBA

11:00 a.m. CARDS

**CHORUS – I HAVE NOT FORGOTTEN YOU! I NEED TO
WORK OUT LOGISTICS. I WILL BE IN CONTACT WITH
MEMBERS OF THIS GROUP.**

TUESDAYS

11:00 a.m. BALANCE CLASS

2:00 -3:30 p.m. BINGO

WEDNESDAYS

9:30 a.m. ART CLASS

11:00 a.m. STRENGTH TRAINING

THURSDAYS

1:00-2:00 p.m. BOOK CLUB

FRIDAYS

10:30 a.m. LINE DANCING

2-3:30 p.m. BINGO

**WE WILL NEED 15 MINUTES BETWEEN CLASSES TO CLEAN AND DISINFECT
AREAS.**

**PLEASE DO NOT GATHER AFTER PROGRAMS AND ALWAYS REMEMBER
MASKS AND 6 FEET DISTANCING ARE ABSOLUTELY REQUIRED AT MSC.**

INSERT LUNCH MENU FOR NOVEMBER 2020