



EAST GREENWICH COMMUNITY SERVICES PROGRAM GUIDE SPRING 2024



 SCAN ME



Community Services Director: Andy Wade 886-8350

Parks, Recreation, and Harbor: 886-8626 Senior Center: 886-8669

RECREATION

Recreation Manager: Rachel Arbige
Youth Recreation Supervisor: Joshua Wolff
Community Services Coordinator: Lois Campion

SENIOR SERVICES

Senior Services Manager: Erin McAndrew
Transportation Coordinator: Now Hiring
Meal Site Coordinator: Judy Karam

PARKS

Parks Superintendent: Bill "Pags" Pagliarini
Forman: Tom Geuss, Peter Cambio
Maintenance Team: James Broady, Chris Horton,
Gregor Johnson, Jacob Leander,
Eric Sartwell

HARBOR

Harbormaster: John Parker

What's Inside:

- Youth, Teen and Camps: Pages 6-9*
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- Senior Programs and Services: Pages 20-26*
- Harbor Information: Page 27*

Register for all Recreation programs at egrecreation.recdesk.com

Dear Residents,

As we welcome the blossoming beauty of spring, it is with great enthusiasm that we present to you our Spring 2024 Brochure of Programs and Services. This brochure is a testament to our commitment to enriching the lives of our community members through a diverse array of activities and services.

Our department, through its dedicated divisions of Recreation, Senior Services, Parks, and Harbor Management, is proud to offer programs that cater to all ages and interests. From rejuvenating outdoor activities in our beautifully maintained parks to engaging recreational programs that inspire movement and creativity, our goal is to enhance your quality of life and foster a strong sense of community.

To our esteemed seniors, we continue to expand our services to provide you with meaningful and supportive experiences that promote wellness and social engagement. Our Harbor Management division is also working diligently to ensure that our waterfront remains a place of beauty and enjoyment for all.

As we strive to serve you better, we recognize that the heart of our community lies within its residents. Therefore, we are always on the lookout for new and innovative programs to introduce. Your suggestions and feedback are invaluable to us, as they help shape the services we offer. If you have ideas for new programs or ways to improve our existing services, we warmly invite you to share them with us.

Together, let's make East Greenwich a place where community thrives, and where every individual has the opportunity to enjoy the best of what our town has to offer. We are here to serve you and are excited about the possibilities that lie ahead.

Thank you for your continuous support and engagement with the Community Services & Parks Department. We look forward to enjoying a vibrant and fulfilling spring season with you.

Warm regards,



*Andy Wade
Director, Community Services & Parks Department
886-8350*



Have You Heard the News?

- **Town receives grant funding for Swift Community Center expansion** - The State of Rhode Island has awarded the Town of East Greenwich a significant grant of \$668,523 aimed at the expansion and renovation of the Swift Community Center. This generous funding is designated to enhance the center's capacity to deliver three critical services: health monitoring, education, and work training. The expansion and renovation project will enable the Swift Community Center to offer improved health monitoring services, ensuring the well-being of community members. Additionally, it will expand educational programs, providing learners of all ages with

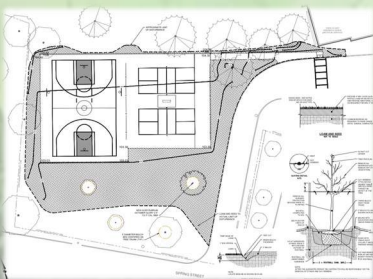


more opportunities for growth and learning. Finally, the grant will support the development of work training programs, equipping individuals with the skills necessary for employment and career advancement. This investment underscores the state's commitment to fostering community development and supporting the comprehensive needs of its residents.

- **Work begun at Eldredge Park** - The community is thrilled to announce the commencement of renovations at Eldredge Park, beginning with the erection of a 24ft x 36ft cedar arched pavilion along Cliff Street. This significant upgrade, along with forthcoming enhancements to the softball field, basketball courts, the introduction of an ADA-accessible walking path, and upgrades to court lights, is supported by a generous \$400,000 grant award from the RIDEM. This funding will greatly reduce the financial burden on our taxpayers while ensuring the park's transformation into a state-of-the-art recreational facility for all community members to enjoy.



- **Academy Field Pickleball coming soon!** - The onset of construction at Academy Field in April heralds a much-anticipated enhancement to the community's recreational landscape, now further bolstered by financial support from the Rhode Island Department of Environmental Management (RIDEM). A generous grant of \$100,000 from the RIDEM will be utilized to offset the burden on taxpayers, contributing significantly to the project's funding. This ambitious initiative includes the introduction of two new pickleball courts, a state-of-the-art full-sized basketball court with four baskets, an ADA-compliant ramp, and a shade structure, ensuring accessibility and enjoyment for all community members.



This strategic investment, supported by the RIDEM grant, promises to enrich the community's outdoor recreational facilities and foster a more inclusive and engaging environment for residents.

THE Donnie Bowen BASKETBALL COURTS WALK OF FAME



Great idea... Get your Team together and sponsor a brick!

SCAN to get started on your brick order:



THE EAST GREENWICH TOWN COUNCIL has named the Eldredge Basketball Courts in Donnie Bowen's honor. The courts will be getting a total rebuild in 2024 as part of a long-term project to revitalize the Eldredge fields. Plans include installing a walk next to the courts, and **YOU can help!**

BRICK Pricing

- All-Star: 8" x 4" \$150
- MVP Granite: 8" x 8" \$500
- HALL of FAME Granite: 12" x 12" ... \$1,000

Did you know?

Bowen has been a school and town basketball coach for decades and was star of the EGHS basketball team in the early 1970s, leading the team to state championships in 1971 (the school's first ever) and 1972. As a coach at EGHS, his teams won the state championship in 1991 and 2018. In 2021, the National High School Basketball Coaches Association awarded him the John Wooden Legacy Award.

Former player and friend Dan Forbes said, "Donnie represents the best of East Greenwich on and off the court. He was a one-person East Greenwich Basketball Association prior to the EGBA's formation." Forbes himself was taught by Bowen, was a member of the 1991 EGHS team that won the state title under Bowen's leadership, and is EGBA's current President.

"For almost half a century, he's developed our children's basketball skills, with much of that work taking place at Eldredge courts," Forbes said. "Donnie embodied athletic excellence as a player and now acts as an exemplary role model as a coach and mentor for EG kids."

—Excerpted from *East Greenwich News*



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PRESCHOOL, YOUTH & TEEN

Hello families!

I hope you are excited for the upcoming Spring season! This Spring, we have many exciting new and returning youth programs to choose from. For preschool-aged youth, Friday Fun Day is back! On May 10, Dave Marchetti is visiting EG Rec with over 20 of his animal friends! And on May 31, Tastebuds Kitchen will be stopping by to make caterpillar cupcakes. For afterschool, some of our returning programs include Multi-Media Crafting on Tuesdays, Engineering with LEGOs on Fridays (the theme this season is Animal Adventures!), and Tennis on Mondays with Coach Kristen! And how could we forget April Vacation Week?! Please see below for a full list of activities that week.

Looking ahead, we have a busy, fun-filled Summer Camp season planned for 2024. The camp season will be July 1 – August 9 (6 weeks), and will include three Playground Camps, a diverse collection of weekly Specialty Camps, 4 weeks of our Counselor-in-Training program, and Safety Town from Aug 13-16. Our Summer Camp brochure with all the camp details will be out on March 5th, and registration opens (for EG residents) on Wednesday, April 3rd.

If you have questions about any of our programs or camps, please do not hesitate to contact me at

jwolff@eastgreenwichri.com.

Sincerely,



Josh Wolff, CPRP
Youth Recreation Supervisor



**American
Red Cross**

Red Cross Babysitter Training: Thurs, 4/18!



April Vacation @ EG Rec!



Morning Camps	
9:00am-11:00am @ Cole Middle School	
Monday & Tuesday	Wednesday & Thursday
Basketball 🏀	Soccer
Kids Yoga	Theater 🎭
Dino, Rocks, & Fossils 🦖	Chess
Rockstar Dance (ages 4-6)	Circus Tumble (ages 4-6)
Robotics Camp (ages 11-14)	

Unless otherwise specified, morning camps are for ages 5-12; afternoon trips are for ages 5-14.

Afternoon Trips				
12:00pm-4:00pm; leave from Cole Middle School				
Monday	Tuesday	Wednesday	Thursday	Friday
Mulligan's Island	Battle-ground Z	Bird Feeders & Flag Football @ Cole! 🏈	Roger Williams Zoo 🦁	Full-day trip: Dave & Busters!
	R1 Karting (ages 12-14)			

SUMMER CAMP INFO

Important Dates to remember:

March 5: Summer Camp Brochure is out
 April 3: Registration opens for EG residents
 April 8: Registration opens for non-residents
 July 1: First day of Playground Camps!
 July 8: First day of Specialty Camps

August 9: Last day of camps!
 August 13-16: Safety Town!



PRE-SCHOOL PROGRAMS

Family Music

Ages: 1-5
Dates: Wednesdays 4/3-6/12
Time: 9:15am-10:00am
Location: Recreation Building
Cost: \$140
Instructor: Beth from RI

Philharmonic Music School

This music class is designed to nurture your child's music aptitude through engaging song & movement activities. Classes include songs, chants, rhymes, listening and movement games, echoing and instrument play.



**Registration Opens
 Tuesday, March 19th
 10AM**



Friday Fun Day!

Ages: 2-5
Date: May 10th & May 31st
Time: 9:30am-11:00am
Location: Recreation Building
Cost: \$25 per date

May 10 date: Dave Marchetti's Animal Experiences! Visiting animals may include snakes, turtles, bunnies, and a hedgehog!

May 31 date: Tastebuds Kitchen! Create cute caterpillar cupcakes with rainbow glaze and candy decorations.



For more information on any of our Pre-School programs please contact our Youth Recreation Supervisor

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



YOUTH & TEEN PROGRAMS

Dance Party!

Ages: 4-6

Dates: Mondays 4/1-6/3

Time: 5:00pm-5:45pm

Location: Recreation Building

Cost: \$95

Instructor: Lyn Muckerheide

Does your kiddo like to shake their groove thing? This fun drop-off program will feature party dances, movement games, and the use of ribbon sticks, hula hoops, and other party props. Children will also learn a short dance routine to perform for parents at the end!



Contemporary Jazz

Ages: 7-11

Dates: Mondays 4/1-6/3

Time: 6:00pm-7:00pm

Location: Recreation Building

Cost: \$95

Instructor: Lyn Muckerheide

This expressive and physical dance style combines techniques of various dance and movement forms including ballet, jazz, and basic acro. Dancers will focus on balance, flexibility, rhythm, leaps, turns, and partnering. A choreographed routine will be performed for parents at the conclusion of the session.



Animal Adventures with LEGO Materials

Grades: K-2

Dates: Fridays 4/5 – 6/14

Time: 4:00pm-5:00pm

Location: Recreation Building

Cost: \$215*

Instructor: Play-Well TEKologies

Let your imagination run wild with thousands of LEGO parts as we design and build leaping dolphins, buzzing beehives, & towering giraffes!

*Transportation from school available for fee of \$15 (EG public schools only)



Youth Tennis

Grades: K-12

Dates: Mondays 4/22 – 6/3

Time: Grades K-2: 4:15pm & 4:45pm (30-min class)

Grades 3-5: 5:15pm-6:15pm

Grades 6-12: 3:15pm-

4:15pm

Location: Frenchtown Courts

Cost: Gr K-2: \$55; Gr 3-12: \$70

Instructor: Kristen Coker

Sharpen your tennis skills with Coach Kristen & EG Rec! Beginners welcome. Learn ball control, movement, serving, and forehand, and backhand.



Awesome Knights

Grades: K-5

Dates: Wednesdays 4/10 – 6/5

Time: 4:00pm-5:00pm

Location: Recreation Building

Cost: \$215*

Instructor: Chess Master Connections

World-class instructors will teach important chess skills like problem-solving, patience, and analytical thinking. This program is unique, inspirational, and fun!

*Transportation from school available for fee of \$15 (EG public schools only)



For more information on any of our Youth/Teen programs please contact our Youth Recreation Supervisor

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



YOUTH & TEEN PROGRAMS



Multi-Media Crafting

Grades: 1-6

Dates: Tuesdays 4/9-6/11

Time: 4:00pm-5:00pm

Location: Recreation Building

Cost: \$175*



Instructor: Laura from Create Color Art Studio

Join us for a session of fun, different art mediums! Over the course of 8 weeks, participants will paint two pieces of pottery, hand-build a piece out of clay, do a board art project and paint a canvas!

*Transportation from school available for fee of \$15 (EG public schools only)

Nature Designers

Grades: K-4

Dates: Thursdays 4/25 - 5/30

Time: 4:00pm-5:00pm

Location: Recreation Building

Cost: \$135

Instructor: 15-Minute Field Trips

Be a "Nature Designer" by learning how nature solves problems! Build a nest like a bird, make slime like a worm, role play the jobs of honey bees, and so much more!

*Transportation available from Frenchtown School for fee of \$10



Horseback Riding

Grades: 1-6

Dates: Session 1: 4/6 – 5/4

Session 2: 5/11 – 6/8

Time: 3:30pm-4:15pm & 4:15pm-5:00pm

Location: Faith Hill Farm

Cost: \$195

Instructor: Faith Hill Farm Instructor

Horseback riding at Faith Hill Farm! Mounted horseback riding lessons. 3:30 class is for beginners, and 4:15 class is for those with previous riding experience.



JOIN OUR TEAM!

Time to start thinking about the Summer! We are currently accepting applications for Camp Counselor positions.

Minimum age to apply: 15 years old.

Starting salary: \$14.50/hr.



For more information on any of our Youth/Teen programs please contact our Youth Recreation Supervisor

Josh Wolff—(401) 886-8626, Ext 1—jwolff@eastgreenwichri.com



RECREATION

Message from the Recreation Manager:

Welcome spring and all the amazing activities that come with the beautiful weather and sunshine. Our schedule is chock full of fun for families, from fitness classes, tennis lessons, and community events, there's bound to be something that catches your eye and your interest. The warmer weather allows us to run many more outdoor course options, Tennis, Pickleball, Ramblers hiking group, Rucking & Bootcamp classes to name a few. Adding to our fitness course favorites such as, Body Conditioning, Zumba, Stretch & Relax, Dance & Tone, will be Dance Refresh Fitness on Monday mornings. Adult leagues and pick up nights are always popular, Basketball, Volleyball, Badminton, Ping Pong and Men's Softball continue to be among the favorites that fill quickly. If you're a Pickleball or Tennis enthusiast register for one of our tournaments and join in the fun! Mark your calendars for our Earth Day Clean up on April 20th and our Community Picnic in the Park, June 1st. Each of these events have been so well attended in the past few years we've made them annual events. It always feels as if the spring comes and goes in a flash so be sure to watch for information about our summer Family Fun Series lineup as well as our Thursday Night Concert Series schedule. Please take a few minutes to browse through our brochure at all the amazing offerings. If there's a course you'd like to see offered, please give me a call, I'm always interested in hearing your ideas and suggestions. Happy Spring!



Rachel Arbige

Recreation Manager 401-886-8626, Ext 2

egrecreation.recdesk.com

MEN'S SOFTBALL MANAGERS MEETING



This is a mandatory meeting for all team managers only. New teams will be waitlisted and entered into the program based on availability. League begins May 2024.
Thursday, April 10th 6:30pm Recreation Building

If you would like to play and have not yet been added to a team, please call Rachel Arbige at: 401-886-8626 Ext. 2
Your information will be given to a team manager for placement based on team numbers.

Save the Date!

3rd Annual Picnic in the Park



Saturday, June 1st

*Rain Date Sunday, June 2nd

Academy Field

121 Peirce St

11:00-2:00pm

Tommy James Magic Show 11-12pm

Stone Cold Gypsies Band 12-2pm

Food Trucks, Games & More!

SPECIAL INTEREST PROGRAMS

Sew with More Confidence

Dates: Session I Thursdays, April 11- May 2
Session II Thursdays, May 9- May 30

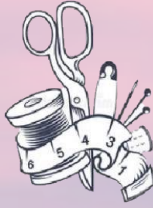
Time: 10:30am-12:30pm

Location: Recreation Program Room

Cost: \$180 Resident /\$190 Non-Resident

Instructor: Gretchen Caterson

You know how to stitch straight lines with your sewing machine, but you wish to continue mastering new stitches and skills. I will guide you through construction of simple garments and home goods as you practice sewing. For detailed course description and materials list see RecDesk.



Sew with Confidence Startup Tutorial

Dates: Thursday, May 2

Time: 12:30pm-2:00pm

Location: Recreation Program Room

Cost: \$55 Residents /\$65 Non-Resident

Instructor: Gretchen Caterson

This is an opportunity for you to try sewing!! Personal attention will be given to gain the skills needed to comfortably join our Sew with More Confidence class. Please feel welcome whether your sewing experience was very long ago, is very minimal or you have never used a sewing machine and would like to try something new this Spring!!



Ramblers

Dates: Thursdays, April 4- June 6

Time: 9:00am-12:00pm (time may vary)

Location: Bus departs from Frenchtown Park (Promptly at 9am)

Cost: \$60 Resident /\$65 Non-Resident



This hiking group is designed for adults that enjoy 2-5 mile hikes and can handle uneven terrain as well as varying weather conditions. Hikes may be through forest areas with roots and branches and obstacles. Each week the group will explore a new hiking area in and around Rhode Island. Rain outs will be made up at the end of the session. Hikes are weather dependent. Hikes TBA

Dog Obedience

Dates: Wednesdays, April 24- May 29

Time: 6:00pm-7:00pm

Location: Recreation Program Room

Cost: \$175 Resident /\$185 Non-Resident

Instructors: Beth McGuire

Using entirely positive and science-based methods, you will laugh as you learn how to communicate with your dog. Our method will be Clicker training. Class is open to dogs 12 weeks and older, proof of vaccinations required. First class is for humans only! *This class is not recommended for dogs with aggression towards other animals or people. For detailed course description and materials list see RecDesk.



Meditation Mastery

Dates: Session I Wednesdays April 3- April 24

Session II Wednesdays May 1- May 22

Time: 4:00pm-5:00pm

Location: Swift Gym

Cost: \$50 Resident /\$60 Non-Resident

Instructors: Ann Porto, PsyD



Meditation is an excellent practice to calm the mind and body when done skillfully. Come learn various methods to achieve concentration, enhanced awareness and peace. Bring a blanket, small pillow and mat for a 20-minute guided meditation after instruction.

East Greenwich Land Trust & Trail Adoption

The East Greenwich Land Trust is partnering with the Community Services & Parks Department to host events on our town's preserved wooded parks. Events may include guided walks or hikes, trail improvement, native planting or other conservation or ecological opportunities. To receive notification of volunteer opportunities please register today. There is no cost for registration. Register at: <https://egrecreation.recdesk.com/Community/Home> or call 401-886-8626 Ext. 2 for more information.



For more information on any of our Special Interest programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



ADULT FITNESS

Fitness Frenzy

Dates: Wednesdays, April 3- June 26

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: \$55 Resident /\$65 Non-Resident

Instructor: Michelle Anderson

Cardio and strength in 60 minutes! The class kicks off with non-stop energy, easy to follow cardio routines set to music to get the heart pumping. Class finishes with toning, balance and stretch. High or low impact- the choice is yours. Ages 16+



Body Conditioning

Dates: M,W,F April 1 – June 28 No class 5/27, 6/19

Time: 9:00am-10:00am

Location: Swift Gym

Cost: \$91 Resident /\$115 Non-Resident

Instructors: Amy Eberle (M) Michelle Anderson (W,F)

Learn the proper exercise techniques to maximize your workout. An easy to follow aerobic workout gets your heart pumping. High or low impact the choice is yours! Strength work, balance training and a stretch are also incorporated into the classes. The routines change regularly so your mind and body are constantly challenged. Bring a water bottle, sneakers and a positive attitude. Age: 18+

Pilates

Dates: Tuesdays, April 9- June 4 No class 4/16

Time: 5:30pm-6:20pm Or 6:30pm -7:20pm

Location: Recreation Building / Program Room

Cost: \$60 Resident /\$70 Non-Resident

Instructor: Tara Wood

Join in for an integrated Mat Pilates workout. We will focus on strengthening the core while increasing overall mobility, stability, flexibility and balance. All levels are invited to enjoy a fantastic low impact workout. Please bring a mat and water bottle.



Total Body Blast!

Dates: Thursdays, April 4- June 27

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: \$65 Resident /\$75 Non-Resident

Instructor: Michelle Anderson

This cardio-weight circuit class keeps you moving and helps build strength & endurance. The circuit class combines total body strength training with cardio moves using weights, ropes and slam-balls. All levels welcome!! Ages 16+



Define Yourself

Dates: W,F April 3 – June 28 No class 6/19

Time: 10:00am-10:45am

Location: Swift Gym

Cost: \$78 Resident /\$88 Non-Resident

Instructors: Michelle Anderson

Get pumped with this total body strength class. We use weights, loops, tubes, balls and your own bodyweight to improve overall strength and mobility. Come get stronger all over. You set your own goals for how hard you want to push.



Rucking / Bootcamp

Dates: Thursdays, April 25- June 27

Time: 9:30am-10:30am

Location: Frenchtown Park

Cost: \$120 Resident /\$130 Non-Resident

Instructor: Michelle Anderson

Join this fun outdoor class (rain or shine)! Grab a backpack and fill it with as much or as little weight you'd like. Wearing a weighted backpack while hiking "rucking" through the woods. Every move can be taken up or down a notch. Be sure to wear sturdy shoes and bring a water bottle. This is a great combo class for people interested in trying something new!!



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



ADULT FITNESS

Yoga – Strike a Pose!

Dates: Mondays, April 1 – May 6 No class 4/15

Time: 9:15am-10:00am

Location: Recreation Program Room

Cost: \$30 Resident /\$40 Non-Resident

Instructor: Martha Russo

Each class will begin with simple breathing exercises to calm the body and mind, followed by warm-ups and yoga poses incorporating dance and light aerobics. Class ends with a few minutes of restful meditation. This is a come as you are class welcoming all levels, abilities and mind-sets.



Yoga Flow

Dates: Thursdays, April 4- June 6

No class 4/18, 5/23

Time: 6:30pm-7:20pm

Location: Swift Gym

Cost: \$56 Resident /\$66 Non-Resident

Instructor: Melissa Thomsen

Take a break from your busy week, relax your brain and step onto your mat with KBS Yoga! This yoga series will focus on breathing, meditation, healthy alignment and a flow of poses for all levels of the practice. The hope is that you'll leave the class feeling more centered, a deeper connection to your body and with a good juicy workout in! Everyone is welcome! Age 16+



Zumba Fitness - Tuesdays

Dates: Tuesdays, April 9 – June 25 No class 5/28

Time: 5:15pm-6:15pm

Location: Swift Gym

Cost: \$67 Resident /\$77

Non-Resident

Instructor: Natalie

Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



Zumba Fitness - Saturdays

Dates: Saturdays, April 6- June 29 No class 4/27, 6/1

Time: 9:30am-10:30am

Location: Swift Gym

Cost: \$67 Resident /\$77 Non-Resident

Instructor: Natalie Thibodeau

The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. This class burns calories. The music is great, and the dance moves are easy to follow. Bring a water bottle, face towel, a sense of humor & a smile. Ages 18+



Stretch & Relax

Dates: Tuesdays, April 9- June 25 No class 5/28

Time: 4:15pm-5:15pm

Location: Swift Gym

Cost: \$67 Resident /\$77 Non-Resident

Instructor: Natalie Thibodeau

Stretching is an important exercise to keep your body limber and flexible.

Join the class as they receive a full body stretch. Stretching is important for people who exercise on a regular basis. This class is great for older adults to improve muscle control and balance. Participants must be able to get on the floor. Bring a mat (if you have one) and a water bottle to class.



Dance Party Refresh Fitness

Dates: Session I Mondays, April 1- May 6 No class 4/15

Session II Mondays, May 13-June 17 No class 5/27

Time: 10:00am-11:00am

Location: Swift Gym

Cost: \$30 Resident /\$35 Non-Resident

Instructor: Lauren Burke

This dance fitness class incorporates high-intensity aerobic dance, a taste of various cultures, imagination and a whole lot of sweat and smiles! This is a judgement-free zone where participants of all levels and abilities can feel free to move in the way that is unique to them, while improving both mental and physical health. The class ends with stretching and a brief mindfulness practice.



For more information on any of our Adult Fitness programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



PICKLEBALL

Registration for all
 Pickleball classes will begin:
 10:00am March 19th for all
 E.G. Residents and
 10:00am March 21st for all
 Non-Residents



Pickleball Beginner & Intermediate

Dates: Sundays, April 7- May 19 No class 4/21

Time: 3:30pm – 4:30pm

Location: Frenchtown Courts

Cost: \$80 Resident /\$90 Non-Resident

Instructor: Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!



Pickleball Beginner & Intermediate

Dates: Wednesdays, April 24- May 29

Time: 4:30pm – 5:30pm

Location: Frenchtown Courts

Cost: \$80 Resident /\$90 Non-Resident

Instructor: Kristen Coker

This class is geared towards the player who is familiar with the basics of pickleball and is looking to improve their shot, production, shot selection, dink control, court consistency. Beginners welcome!

Pickleball Advanced Round Robin

Dates: Sunday, April 7 – May 19 No class 4/21

Time: 4:30pm-6:00pm

Location: Frenchtown Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.

Pickleball Advanced Round Robin

Dates: Wednesday, April 24 – May 29

Time: 5:30pm-6:30pm or 6:30pm-7:30pm

Location: Frenchtown Courts

Cost: \$80 Resident /\$90 Non-Resident

Instructor: Kristen Coker

This class is geared towards the higher-level player who is proficient with various pickleball shots and strategy. They position themselves well and can control fast and soft shots.



For more information on any of our Pickleball programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Pickleball Tournaments

Pickleball Tournament Beg. 2.5 Women's Gherkins

Date: May 4 Rain date May 5

Time: 1:00pm

Location: Municipal Courts

Cost: \$25 Resident /\$30 Non-Resident

Instructor: Kristen Coker

The women's Gherkins Division is intended for the 2.5 player. Sign up with a partner and join us for a "dill-Lightful" time. Teams will participate in a round robin event.



Pickleball Tournament Int. 3.0 & 3.5 Men's Dills

Date: May 4 Rain date May 5

Time: 1:00pm

Location: Municipal Courts

Cost: \$25 Resident /\$30 Non-Resident

Instructor: Kristen Coker

Sign up with a partner and join us for a "Dill-Lightful" time. Teams will participate in a round robin event.



Pickleball Tournament Int. 3.0 & 3.5 Women's Dills

Date: May 4 Rain date May 5

Time: 1:00pm

Location: Municipal Courts

Cost: \$25 Resident \$30 Non-Resident

Instructor: Kristen Coker

The Women's Dill Division is intended for the 3.0 and 3.5 level players. Sign up with a partner and join us for a "Dill-Lightful" time. Teams will participate in a round robin event.

Pickleball Tournament Adv. 4.0+ Men's Pickled Peppers

Date: May 4 Rain date May 5

Time: 9:00am

Location: Municipal Courts

Cost: \$25 Resident \$30 Non-Resident

Instructor: Kristen Coker

Sign up with a partner and join us for a "Dill-Lightful" time. Teams will participate in a round robin event.

Pickleball Tournament Adv. 4.0+ Women's Pickled Peppers

Date: May 4 Rain date May 5

Time: 9:00am

Location: Municipal Courts

Cost: \$25 Resident \$30 Non-Resident

Instructor: Kristen Coker

The Women's Dill Division is intended for 4.0 and above level players. Sign up with a partner and join us for a "Dill-Lightful" time. Teams will participate in a round robin event.



For more information on any of our Pickleball Tournaments please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



TENNIS

Tennis Beginner & Intermediate Lessons

Date: Tuesdays, April 23- May 28
Time: 9:30am-10:30am
Location: Municipal Courts
Cost: \$110 Resident /\$120 Non-Resident
Instructor: Kristen Coker
 This tennis class is instruction based for the beginner and intermediate player. There will be multiple coaches and students will be placed into groups based on skill and experience.

Tennis Intermediate Round Robin

Date: Mondays, April 22- June 3 No class 5/27
Time: 10:30am-11:30am
Location: Municipal Courts
Cost: \$110 Resident /\$120 Non-Resident
Instructor: Kristen Coker
 Students will mix and mingle in organized match play. Coaches will provide tips and feedback. This course is designed for the intermediate player who is able to consistently rally, serve and has match play experience.



Tennis / Advanced Lessons

Date: Tuesdays, April 23-May 28
Time: 10:30am-11:30am
Location: Municipal Courts
Cost: \$110 Resident /\$120 Non-Resident
Instructor: Kristen Coker
 This tennis class is instruction based for the advanced tennis player. Players must perform at the 3.5 level or higher to register for this program.



Registration opens
Tuesday, March 19, 2024
10:00 AM



Tennis Potluck Tournament

Date: May 18 Rain Date May 19
Time: 5:00pm
Location: Municipal Courts
Cost: \$30 Resident /\$35 Non-Resident
Instructor: Kristen Coker
 Get ready to serve up some fun! This event is for the intermediate and advanced tennis player. Players should be able to consistently rally and have match play experience. Bring a dish to share. Registration is for individual players, coaches will rotate players in a round robin.



For more information on any of our Tennis programs please contact our Recreation Manager
 Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



TENNIS

Tennis / Intermediate Cardio Tennis

Dates: Mondays, April 22- June 3 No class 5/27

Time: 9:30am-10:30am

Location: Municipal Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

Cardio Tennis for the advanced beginner and intermediate player. Enjoy this high energy tennis class through drills and games.



Tennis / Intermediate Cardio Tennis

Dates: Thursdays, April 25– May 30

Time: 9:30am-10:30am

Location: Municipal Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

Cardio Tennis for the advanced beginner and intermediate player. Enjoy this high energy tennis class through drills and games.

Tennis / Intermediate Cardio Tennis

Dates: Tuesdays, April 23– May 28

Time: 5:00pm-6:00pm

Location: Frenchtown Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

Cardio Tennis for the advanced beginner and intermediate player. Enjoy this high energy tennis class through drills and games.



Advanced Cardio Tennis

Dates: Tuesdays April 23- May 28

Time: 6:00pm-7:00pm

Location: Frenchtown Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

This is a fun, high energy drill and game-based class for the advanced tennis player. This is not an instructional class. Players must perform at the 3.5 level or higher to register for this program.

Advanced Cardio Tennis

Dates: Thursdays April 25- May 30

Time: 10:30am-11:30am

Location: Municipal Courts

Cost: \$110 Resident /\$120 Non-Resident

Instructor: Kristen Coker

This is a fun, high energy drill and game-based class for the advanced tennis player. This is not an instructional class. Players must perform at the 3.5 level or higher to register for this program.



For more information on any of our Tennis programs please contact our Recreation Manager

Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



ADULT PICK-UP LEAGUES

Volleyball Co-Ed Pickup

Dates: Tuesday, April 2- June 25 No Class 4/16, 5/21
Time: 6:00pm-8:00pm
Location: Cole Middle School Gym
Cost: \$48 Resident /\$53 Non-Resident
Coach: Ken Gebhardt

Come to the gym and play recreational games of volleyball. No referees, no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited.



Basketball Men's Pick-up League

Dates: Wednesdays, April 3 – June 12 No class 4/17, Lower gym only until 8:30 4/3, 5/15
Time: 8:00pm-10:00pm
Location: HS (upper & Lower Gym)
Cost: \$40 Resident /\$50 Non-Resident
Coach: Keith Kazmier

Come to the gym and play recreational games of basketball. No referees, no standings, just honor calls and sportsmanship. Different teams are formed each week. Participants must pre-register space is limited.



Badminton Pick-up Night

Dates: Tuesday, April 2- June 25 No Class 4/16, 5/21
Time: 8:00pm-10:00pm
Location: Cole Middle School Gym
Cost: \$48 Resident /\$53 Non-Resident
Instructor: Lin Sun

Come enjoy the night hitting the birdie back and forth with friends, old and new! All levels welcome. Casual play and no referee. Instruction provided as needed. Bring your own racket and birdie.



Women's Pick-Up Basketball

Dates: Wednesdays, April 3- June 12 No class 4/17,5/15
Time: 7:00pm-8:00pm
Location: High School Lower Gym
Cost: \$26 Resident /\$36 Non-Resident
Instructor: Renee Bernard

Join in for a pick-up night of basketball fun! No referees, no standings, just honor calls and sportsmanship. Recreational games for all levels and experience. This is a great chance to get some exercise and a fun setting!



Ping Pong Co-Ed Pick Up League M & F

Dates: M, F April 1- June 28 No class 5/27
Time: 10am -12:00pm (5/10 & 5/31 11:15 – 1:15)
Location: Recreation Program Room
Cost: \$50 Resident /\$55 Non-Resident
Instructors: John Prendergast & Ronald Joseph

Come to the gym and play recreational games of doubles ping pong. No referees, no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited. This class has no instruction, just informal pick up games.



Ping Pong Co-Ed Pick Up League Thurs

Dates: Thursdays, April 4-June 6 No class 4/18,5/16
Time: 6:00pm-8:00pm
Location: Recreation Program Room
Cost: \$25 Resident /\$30 Non-Resident
Instructors: John Prendergast & Robert Kleinfield

Come to the gym and play recreational games of doubles ping pong. No referees, no standings, just honor calls and sportsmanship. New teams are formed each week. Space is limited. This class has no instruction, just informal pick up games.



For more information on any of our Adult Leagues please contact our Recreation Manager
Rachel Arbige—(401) 886-8626, Ext 2—rarbige@eastgreenwichri.com



Town of East Greenwich EARTH DAY CLEAN UP

**Together, we can be the change we wish to see.
Please join us for our Earth Day Clean Up Event.**



April 20th 10:00am-12:00pm (Rain Date April 21st)
**Meet up at the Recreation Center, 1127 Frenchtown Rd
or Swift Community Center, 121 Peirce Street**



**Gather afterwards at Academy
Field at 12:00pm to celebrate our work &
enjoy some refreshments!**



Register Here

SENIOR SERVICES

A message from our Senior Services Manager,



Senior Services offers a variety of programs for individuals ages 55 and older and adults with disabilities. Our hours of operation are Monday through Friday from 8:30a.m. to 4:30p.m. We offer exercise programs (\$2.00 for residents/\$3.00 for non-residents per class), recreational programs, educational programs and trips. Please contact me at 886-8669, ext. 3 if you have any questions about our programs or services.

We serve lunch Monday through Friday at noon. Each meal is a suggested \$3.00 donation and includes coffee, tea, milk, an appetizer, a main entrée, and dessert. We are hosting two special celebrations this spring: a Mother’s Day luncheon on Thursday, May 9th and a Father’s Day luncheon on Thursday, June 13th. These celebrations include special meals and musical entertainment. Tickets are required for each event. Please review our monthly newsletters for details about these events.

Transportation is provided for East Greenwich residents to the Swift Community Center, medical appointments in East Greenwich, grocery shopping, pharmacies and retail shopping. We also offer periodic day trips to local destinations.

Please stop by the Swift Community Center to meet the staff and tour our facility. We hope you are able to join us this spring for a meal and a program!

Erin McAndrew
Senior Services Manager
401-886-8669, Ext 3



We hope you can join us for a trip this spring! Please see page 26 for details.



SCAN ME

Senior Services Staff

Manager
Erin McAndrew

Transportation / Program Coordinator
Now Hiring

Meal Site Coordinator
Judy Karam

Monday - Friday
8:30 a.m. - 4:30 p.m.
401-886-8669

SENIOR GAMES & ACTIVITIES

Mah Jongg

Ages: Adults over 55

Dates: Mondays. No program 5/27.

Time: 1:00 - 3:00 p.m.

Location: Swift Game Room

Cost: Free

This tile-based game was developed in the 19th century in China. Participants must have experience playing the game.



BINGO

Ages: Adults over 55

Dates: 2nd & 4th Mondays No program 5/27.

Time: 1:00 - 3:00 p.m.

Location: Swift Gym

Cost: A set of bingo cards is \$3. A bingo marker is \$2.



Bridge

Ages: Adults over 55

Dates: Mondays & Tuesdays. No program 4/2 & 5/27.

Time: 9:00 - 11:30 a.m.

Location: Swift Game Room

Cost: Free

This entertaining card game combines strategy and skill to beat your opponents.



Canasta

Ages: Adults over 55

Dates: Fridays

Time: 12:00 - 3:00 p.m.

Location: Swift Game Room

Cost: Free

This card game resembles rummy, but uses two decks. Participants must have a basic knowledge of canasta rules.



Scrabble

Ages: Adults over 55

Dates: Tuesdays. No program 4/2.

Time: 9:30 - 11:30 a.m.

Location: Swift Game Room

Cost: Free

Come and join fellow "wordsmiths!"



Pickleball

Seasonal Program May through October

Ages: Adults over 55

Dates: Mondays, Tuesdays & Wednesdays

Time: 9:30 a.m.

Location: Academy Field Basketball Courts

Cost: Free

Impromptu games June- October. Racquets and balls available at Swift if needed.



For more information on any of our Senior Services programs please contact our Senior Services

Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



SENIOR FITNESS

Yoga

Ages: Adults over 55

Dates: Tuesdays. No class 4/2.

Time: 8:45 - 9:45 a.m.

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Linda Morse

The basic fundamentals of yoga postures, proper alignment, and breath awareness, as well as the benefits of each posture. Participants must supply their own mat.



Chair Yoga

Ages: Adults over 55

Dates & Times:

Tuesdays 11:00 a.m. - 12:00 p.m. No class 4/2.

Wednesdays 1:00 - 2:00 p.m.

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Linda Morse

Exercises that will help you gain flexibility, muscle strength, and peace of mind without the restrictions or uneasy feeling about getting down on the floor.



Stretch and Tone

Ages: Adults over 55

Dates & Times:

Tuesdays 10:00 - 10:45 a.m. No class 4/2.

Wednesdays 11:00 - 11:45 a.m.

Thursdays 10:00 - 10:45 a.m. No classes
5/9 & 6/13

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Daryl Brazo

Exercises to help maintain muscle strength, stamina and balance using weights. A chair may be used if needed.



Stay Active

Ages: Adults over 55

Dates: Wednesdays

Time: 2:30 - 3:15 p.m.

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Michelle Anderson

The program works to improve balance, muscle strength, flexibility and mobility which can lead to better functioning in daily activities. Exercises can be done while seated in a chair.



Circuit Fitness

Ages: Adults over 55

Dates: Fridays. No class 3/29.

Time: 11:00 - 11:45 a.m.

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Michelle Anderson

Low impact exercises mixed with upper body and lower body strength training. These exercises will help maintain muscle strength, stamina and balance using weights. A chair may be used if needed for balance.



Sit to be Fit

Ages: Adults over 55

Dates: Mondays. No class

5/27.

Time: 1:15 - 2:15 p.m.

Location: Swift Dining Room

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Susanna Bodell

With the stability of a chair, you can perform exercises for range of motion, balance, and strength.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



SENIOR PROGRAMS

Beginner Tai Chi Long Form Yang Style

Ages: Adults over 55

Dates: Thursdays, May 16 – June 27. No class 6/13. Total of 6 classes.

Time: 1:00 - 1:45 p.m.

Location: Swift Gym

Cost: \$12 Resident / \$18 Non-Resident

Instructor: Jane Gemma

Min # of participants: 10. Max # of participants: 20.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.



Intermediate Tai Chi Long Form Yang Style

Ages: Adults over 55

Dates: Thursdays, May 16 – June 27. No class 6/13. Total of 6 classes.

Time: 2:00 - 3:00 p.m.

Location: Swift Gym

Cost: \$12 Resident / \$18 Non-Resident

Instructor: Jane Gemma

Min # of participants: 10. Max # of participants: 20.

Yang Style Long Form movements are large, gentle, slow and evenly paced. Regular practice of Tai Chi helps keep joints flexible and bones and muscles strong.

Country Western Line Dancing

Ages: Adults over 55

Dates & Times: Tuesdays 1:00 - 2:00 p.m. No class 4/2. Fridays from 1:00 - 2:00 p.m., beginning April 5th

Location: Swift Gym

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Jackie Willisie.

This class will keep you moving to country western songs. If you enjoy line dancing, you'll love this class!



Indoor Walking Program

Ages: Adults over 55

Dates: Tuesdays. No program 4/2.

Time: 2:30 - 3:30 p.m.

Location: Swift Gym

Cost: Free

Drop by and use the gym to walk at your own pace.



Art Class

Ages: Adults over 55

Dates: Wednesdays

Time: 9:15 - 10:45 a.m.

Location: Swift Dining Room

Cost: \$2 Resident / \$3 Non-Resident

Instructor: Jeannine Anderson

All levels are welcome to this relaxing group. You can draw or paint at your leisure and receive guidance from our instructor Jeannine, past President and current member of the East Greenwich Art Club. Participants must supply their own materials.



Knitting & Crocheting

Ages: Adults over 55

Dates: Fridays

Time: 8:45 a.m. - 10:45 a.m.

Location: Swift Dining Room

Cost: Free

Studies have shown that positive outcomes from knitting and crocheting groups include improved self-esteem, improved brain function and improved health through social contact. All skill levels are welcome.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



SENIOR PROGRAMS

Floral Arranging: Butterfly

Ages: Adults over 55

Date: Friday, May 10

Time: 1:30 - 3:00 p.m.

Location: Swift Gym

Cost: \$23 Resident / \$25 Non-Resident. Payment due by Wednesday, May 1st.

Instructor: Sally Gruber, owner of Interactive Horticulture Please join us as we explore this fascinating life form and create a stunning butterfly arrangement. Each participant will receive a decorative metal pail with a bounty of colorful blooms. Experience a metamorphosis in beauty—sign up today! Pre-registration and payment required. Max # of participants: 15



AARP Smart Driver Class

Ages: Adults over 55

Date: Monday, April 29

Time: 1:30 - 5:30 p.m.

Location: Swift Dining Room

Cost: \$20 AARP Member / \$25 AARP Non-Member

Instructor: Wayne Zifcak

Successful completion of the course may qualify those 55 and older for a discount on auto insurance (please contact your insurance company for details). Pre-registration and payment are required by Wednesday, April 24th. Checks should be made payable to "AARP." Min # of participants: 10. Max # of participants: 20.



Philosophy Club

Ages: Adults over 55

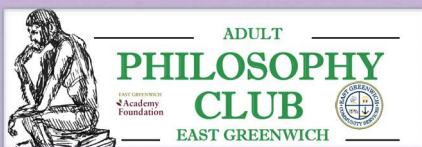
Dates: Second and fourth Wednesdays of the month

Time: 9:00 - 10:30 a.m.

Location: Swift Game Room

Cost: Free

You are invited to enjoy a thought provoking exploration of a myriad of philosophical topics. Meet new friends, exercise your brain and have some fun along the way. No need to pre-register for this group.



Caregivers Support Group

Dates: Third Friday of every month on Zoom

Time: 10:00 - 11:00 a.m.

Please contact Deb Burton at 401-585-0509 or deb@rielderinfo.com for more information or to register.



Writing & Journaling

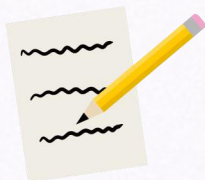
Dates: Tuesdays, April 9, 16, 23, 30, May 7, 14, 21 & 28. June 4 is a make-up day if needed. Total of 8 classes.

Time: 1:30 - 3:00 p.m.

Location: Swift Game Room

Cost: \$20 Resident / \$25 Non-Resident. Payment due by Thursday, April 4th. (Max 12 Participants)

Instructor: Jonathan Gibbs, Adjunct Prof. Bryant Univ. The course will include any kind of writing a participant wants to concentrate upon, as well as an offering of writing prompts designed to get the creative juices flowing. A writing journal will be provided and participants can choose to use a device for writing if they prefer.



Vertigo Screenings with Jonathan Walker

Date: Thursday, May 2

Time: 10:00 a.m. - 11:00 a.m.

Location: Swift Living Room

Cost: Free

If you have been having issues with dizziness, vertigo or balance, we have free screenings performed by licensed physical therapist and vestibular specialist Jonathan Walker to assess your dizziness symptoms. You can sign up for a private, free 10 minute screening Max # of participants: 4. Appointments are required.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



SENIOR EDUCATION

Healthy Eating for Successful Living in Older Adults

Ages: Adults over 55

Dates: Thursdays, April 11, 18, 25, May 16, 23, 30. (Total of 6 Classes)

Time: 1:30 p.m. – 3:30 p.m.

Location: Swift Dining Room

Instructor: Kathi Masi /URI Geriatric Education Center

This is an evidenced based program for older adults that want to learn more about how nutrition and lifestyle changes can promote better health. The program focuses on heart and bone healthy nutrition strategies to help maintain or improve wellness.

(Maximum # of Participants 14)



Matter of Balance

Ages: Adults 60+

Dates: Wednesdays, April 3, 10, 17, 24 May 1, 8, 15, & 22. May 29 is a make-up day if needed. Total of 8 classes.

Time: 1:30 – 3:30 p.m.

Location: Swift Dining Room

Cost: Free

Instructor: Cindy Graves /Westbay Community Action

This program will teach you to: view falls as controllable, set goals for increasing your activity level, make changes to reduce the risk of falls at home and use exercise to increase strength and balance. Max # of participants: 12.



Reflexology

Dates: Third & fourth Fridays of each month

Time: 10:00 a.m. – 1:00 p.m.

Location: Swift Living Room

Cost: \$30 for a half-an-hour appointment.

Appointments are required.

Instructor: Mary Chapman, NBCR, a nationally certified reflexologist

Participants can choose to have reflexology on their hands or feet. Thirty minute appointments are available between 10:00 a.m. – 1:00 p.m. Payment is accepted by a check made payable to Anam Cara Reflexology or cash. Credit cards are not accepted.



Cyber Seniors

Dates: Friday Mornings in March & April

Location: Swift Computer Room

Cost: Free

Cyber Seniors is a research study program coordinated by URI Associate Professor, Skye Leedah. A URI student is utilizing this program to gain experience in working with older adults and in learning how to explain new information to people. URI students are NOT Apple, Google, or Zoom experts. They will work with participants to share what they know, help brainstorm and problem solve. If you would like an appointment, please call Erin at 886-8669 ext. 3.



Elder Abuse

Date: Thursday, May 2

Time: 1:30 – 2:30 p.m.

Location: Swift Dining Room

Instructor: Mickaela Driscoll, RI Attorney General's office Please join the Office of Attorney General, Elder Abuse Unit, for a presentation on topics that today's seniors are facing every day. In today's world, elder abuse comes in all forms, from physical violence to financial exploitation, with perpetrators ranging from family members to foreign scam artists. Topics of discussion will include abuse, fraud schemes, current scam trends, identity theft and resources available to protect older adults from becoming a victim.



URI Pharmacy Outreach Presentation: On-Line Health Information

Ages: Adults over 55

Date: Thursday, April 4

Time: 10:00 - 11:00 a.m.

Location: Swift Dining Room

Cost: Free

Instructor: URI Pharmacy students

An informative presentation detailing refilling, accessing your prescriptions online and scheduling vaccines; communicating with your doctor through telehealth and phone apps to help you track your health and pill reminders. Max # of participants: 20.



For more information on any of our Senior Services programs please contact our Senior Services

Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



SENIOR TRIPS

Best of Boston

Thursday, April 18, 2024 Cost: **\$100 per person (payment due by March 22)** (Lunch on own)

Transportation by Experience Rhode Island Tours (Considerable walking)

The day will begin at the Boston Tea Party Museum, the #1 patriotic attraction in America. Then, a visit to Chinatown, the Old North Church and the site of the Boston Massacre. Next, you will have free time to enjoy lunch (cost on your own) and the history and shops at famous Quincy Market and Faneuil Hall. After lunch, the group will visit the Boston Public Garden, Bunker Hill, Harvard, Fenway Park, and "Old Ironsides". Check can be made payable to "Town of East Greenwich."



Bus departs 1127 Frenchtown Road at 9:00 a.m. Returns at approximately 6:00 p.m.

Min # of participants: 20. Max # of participants: 28.

Journey Through The Arts

Thursday, May 23, 2024 Cost: **\$90 per person (payment due by April 26)** (Lunch on own)

Transportation by Experience Rhode Island Tours (Considerable walking)



Featuring the world-class art museum of the Rhode Island School of Design, the award-winning Steel Yard, the WaterFire Arts Center, and more, this tour will immerse you into Providence's wonderful world of creative arts. Check can be made payable to "Town of East Greenwich."

Bus departs 1127 Frenchtown Road at 9:00 a.m.

Returns at approximately 4:00 p.m.

Min # of participants: 20. Max participants: 28.



Magnificent Gardens of Rhode Island

Thursday, June 20, 2024 Cost: **\$105 per person (payment due by May 24)** (Lunch included)

Transportation by Experience Rhode Island Tours (Considerable walking)

Our trip includes the Botanical Center at Roger Williams Park, the luxuriant Blithewold Mansion Gardens and the Arboretum in Bristol, which was named one of the five most beautiful public gardens in New England by Yankee magazine. While on the grounds of the estate, we will enjoy a picnic lunch from Panera Bread (lunch is included in trip fee). We will continue our tour at the award winning Green Animals Topiary Garden in Portsmouth, which famously hosted the debutante of Jackie Kennedy. Then, we will cap off the day at the stunning Blue Garden of Newport. Check can be made payable to "Town of East Greenwich."

Bus departs 1127 Frenchtown Road at 10:00 a.m.

Returns at approximately 5:00 p.m.

Min # of participants: 25. Max # of participants: 28.



For more information on any of our Senior Services programs please contact our Senior Services Manager Erin McAndrew—(401) 886-8669, Ext. 3—emcandrew@eastgreenwichri.com



Harbor Information

Harbormaster: John Parker

401-886-8626 Harbormaster@eastgreenwichri.com

Harbor Management

The Harbormaster is responsible for all aspects of boating safety and control within the East Greenwich Harbor District. The Harbormaster is also tasked with the identification, inspection and distribution of boat moorings within the harbor district. The Harbormaster may cite any alleged violation of the [Harbor Regulations](#).

General Information

The Town has 110 mooring permits on the easterly side of Greenwich Cove. The Harbormaster patrols the cove seasonally and manages the mooring field for mooring placement, issues, and code compliance. Mooring permits are renewed annually and any available permits are issued to those on the wait list in mid-March. Residency, boat size and mooring location are all taken into consideration for new mooring permits.

Dinghy rack spaces are made available to East Greenwich mooring holders first and any available spaces are rented to non-mooring holders. There are limited kayak spaces available.

The mooring list, wait list and dinghy list are managed by the Parks & Recreation Department.

Below are pertinent documents that can be found on our website:

[Mooring Waiting List Application](#)

[Dinghy Rack Application \(Current Mooring Holder\)](#)

[Dinghy Rack Application \(Non-Mooring Holder\)](#)

[Dinghy Rack Rules](#)

[Harbor Management Ordinances](#)



Kayak/SUP Rack - Scalloptown Park

We reserve spaces on the newly built rack for kayaks, SUP & canoes at Scalloptown Park. Below are the links to the rules and regulations on the rack. East Greenwich residents will be given preference and should submit their forms to the Parks & Recreation office prior to March 1, 2024 to be included in the lottery.

[Scalloptown Park Rack Rules](#)

[Scalloptown Park Rack Application](#)



For more information on the Harbor Division, please contact the Recreation Department at 401-886-8626 ext 2.

Remember

A poem by Bob Houghtaling

Remember when there was a thing called play
 And children did it most everyday
 On the swings or chasing a ball
 Engaged in fun nearly all
 Remember when we spoke face to face
 And not so at such hurried pace
 A smile, hug or pat on the back
 Perhaps two friends walking round a track
 Somehow these days have passed from view
 For constant quest of something new
 With most contacts by computer or phone
 Little wonder we now feel alone
 Remember lessons when teachers spoke
 With skills intended to evoke
 Critical thinking through passionate minds
 While having time to be quite kind
 Remember when imagination reigned
 And far off places learners gained
 With time left to stare at clouds
 Engaging friends, to laugh out loud
 Now the pressure for test scores
 Has forced our leaders need implore
 Students to ride a conveyor belt
 Scarce time concerning what was felt

Perhaps remembering not long ago
 Is something all of us do know
 And teaching young people this simple gift
 Can cure that which has become bereft
 So, let's remember to take a walk
 Spend moments sharing heartfelt talks
 Looking neighbors in the eye
 These can be done if we try
 While there might be no stopping change
 Priorities can be re-arranged
 We will experience brighter days
 If taking time to engage in play

Community Services & Parks Department
 121 Peirce Street
 East Greenwich, RI 02818

