



The Senior Times

By Charlotte Richardson

In spite of the howling winds and frigid temperatures, seniors have been taking part in the senior programs. Monday through Friday, staff and volunteers welcome our diners to the nutritious meal, served piping hot and delicious. Over the last few weeks, we have enjoyed a great variety of tasty and satisfying hot soups—so comforting when the weather outside is frightful—followed by healthful, hot entrees like turkey a la king, baked cheese lasagna, eggplant parmesan, and many other old favorites, well balanced with vegetables, bread/butter, milk, coffee, tea, and desserts. And if you'd prefer it, a sandwich is available every day. The suggested price is \$2.50 per person. Right now, we are looking forward to a corned beef dinner on Wednesday, March 15, with the traditional, potatoes, carrots and cabbage. Everybody's Irish for St Patrick's Day, so make your reservation, join the wearing-of-the-green crowd, and come on down! Call 423-2658 and tell us which days you'd like to join us and we'll make your reservation. We also deliver hot, nutritious meals to those who are confined to their homes, through the Meals on Wheels Program. So if you or someone you know needs this service, give us a call. In some cases, the Meals on Wheels delivery volunteer is the only person that a home bound client gets to see during the day. Call for more

information - either 423-2658 or 423-1026.

In addition to our regular meal site and Meals on Wheels services, we are always on the lookout for programs to capture the interest of seniors and those who love them. We have a couple of them to tell you about that are coming up soon.

On Wednesday, March 14, we join with the Friends of the Library in urging all of you to attend the Jamestown Library presentation of "An Holistic Approach to Diabetes," which will begin at 1 p.m. The guest facilitator will be Mary Proietta, a certified diabetes educator, who works with groups as well as individuals. This one-hour session will concentrate on the important role of every aspect of lifestyle in preventing this debilitating disease. There will be a time for discussion as well as questions and answers. This program is free and open to the public. Diabetes is quickly reaching epidemic proportions and we are told there are millions of people who have it, and don't yet know it. It's time to be prepared for yourselves and your loved ones, and this is a perfect opportunity to learn all about it. Hope we'll see you there!!

Vern Stromberg, AARP certified instructor, will teach the basics of the AARP Defensive Driving Course, that you may remember as the 55-Alive Driver courses of past years. For many of us it's been a long time since we took the written part of driver's license training, and on top of that, we, as elders have undergone some normal age-related changes that may reflect in our driving ability. Completing this eight hour, two session course will not only bring you up-to-date, but you will receive a certificate that can earn you a discount

on your auto insurance. Please join us on Monday, March 19 for the first session and again on Wednesday, March 21 to complete the course. Both will be held at the Senior Center, 6 West St. and will run from 1 to 5 p.m. There is a \$10 fee (checks only made out to AARP) and payment can be made at the first session. Please call Charlotte 423-1026 for more information or to reserve your place in the class. This is a good deal no matter how you look at it, so call early to reserve a place. - We can handle up to 30 people.

Another new venture for the Jamestown Senior Citizens Association is the first time ever Scholarship Program. This has been under discussion for several years, and has finally become a reality. A \$500 scholarship will be awarded to the selected island resident who plans to pursue a career in health-care or a healthcare-related field. Applications are available at the Senior Center, 6 West Street, between 9 a.m. and 1 p.m., or by calling Charlotte at 423-1026. Completed applications must be received by April 15. Hope to hear from you soon!!

Our card playing groups (Hi Lo Jack/Bridge) will welcome new players. Call 423-9191 if you'd like to play or for more information. Bingo is available for seniors only, in the Community Room of Pemberton Apartments on Tuesday and Wednesday mornings. Call 423-1878 for details. Every Friday morning at 9 a.m., a group goes bowling—no teams, no leagues, no pressure, just for plain fun and good exercise of it. The fee is \$5 for transportation. 423-1026 for information.

Well, March has arrived right on schedule, as it always does, and according to folklore, if March comes in like a lion, it will go out like a lamb. Anyway you figure it, there are just 21 days to the ever welcome, first day of spring, and that is good news!

Upcoming

Navy Choristers perform this Sunday

The Newport Navy Choristers, under the direction of JoAnn Loewenthal, will present their "Music for a Sunday Afternoon" concert this Sunday, March 11 at 4 p.m. at St. Barnabas Church on 1697 East Main Road in Portsmouth.

Proceeds from this concert will benefit the Navy-Marine Corps Relief Society and the Newport Navy Choristers.

This concert features light fare music that the entire family will enjoy. Families are encouraged to attend.

Tickets may be purchased in advance by contacting any chorister member. They may also be purchased at the door. Tickets for adults are \$6, seniors and children under 12 are \$4, and families are \$15.

For more information regarding

the Navy Choristers or Sunday's concert, please call Steve Larson, Chorister Chairman, at 848-6623 or JoAnn Loewenthal, Chorister Director, at 849-4823. Information can also be obtained by going to the Chorister website at www.newportnavychoristers.org.

Celtic music and dance show at library

The Friends of the Library are excited to present the third program in their annual music series on Sunday, March 18, at 2 p.m. in the Jamestown Library meeting hall with the group "A Celebration of Ireland."

Rousing Celtic music and dance will be performed by Mary King, Marilyn Meardon, Tom Maguire, and Phil Edmonds.

The program is fun for the whole family. The event is free and open to the public.

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