

## Reference Phone Numbers

\*Cumberland Town Hall 728-2400

\*Cumberland Police Station 333-2500

\*Cumberland Senior Center 334-2555

\*Cumberland Library 333-2552

\*The Point Resource Center 462-4444

The Point is a resource center for Medicare, Social Security, heating, legal and pharmacy assistance, etc.

\*Department of Elderly Affairs

462-3000

\*Cumberland Housing Authority  
334-2786

\*Heating Assistance BV CAP 723-4520

\*Senior Citizen Fire Advocate,

Chief Kenneth A. Finlay 658-0544

FOR MORE INFORMATION ON THE  
CUMBERLAND SENIOR CENTER

The Monastery - Suite 1  
1464 Diamond Hill Road  
Cumberland, RI 02864  
Phone- 401-334-2555

# Cumberland Senior Center

[www.cumberlandri.org](http://www.cumberlandri.org)  
401-334-2555



## OUR MISSION:

The Cumberland Senior Center is a caring center committed to providing an array of quality services to our senior citizens. We encourage and assist each individual to achieve a lifestyle in which they can remain an active and productive member of the community. We are responsive to the needs of our senior citizens and offer up-to-date quality of life programs and encourages all members to participate

## **On the Monastery grounds**

**HOURS:** The Senior Center is open Monday through Friday from 8:00 am to 4:00 pm. Check the daily schedule for the programs that may be of interest to you.

## OFFICE OF THE MAYOR



Dear Friends,  
I welcome you to visit our center that is located on the beautiful Monastery grounds here in Cumberland. Our Senior Center provides many comprehensive programs to all our residents 55 years and older. These programs assist, inform, entertain and enrich the lives of individuals through a wide variety of activities, programs and volunteer opportunities. If you are interested in discovering other ways to serve our community, I encourage you to visit our center and become involved with many of our civic engagement opportunities.

## TRANSPORTATION

The Cumberland senior van provides free daily transportation to Cumberland Seniors 55+ years old and also for the permanently disabled. It provides transportation for Cumberland's five elderly complexes and also provides transportation to grocery stores, the malls, and the Senior Center for its activities and meal site.

If you have any questions regarding transportation schedule or if you would like to make an appointment, please contact Brian Hart @ 401-334-2555 ext. 104

## LOCATION

The Cumberland Senior Center is located at 1464 Diamond Hill Road, directly behind the Cumberland "Monastery" Library.

For additional information visit the Town's Web Site at:  
[www.cumberlandri.org](http://www.cumberlandri.org) and LOOK UNDER SENIOR SERVICES

## MEMBERSHIP

The Senior Center charges an annual fee of \$8 for residents and \$12 for non-residents. Membership covers the annual summer cook-out, free health seminars, trips, parties etc...

## SENIOR MEALS

**MEAL SITE:** Available Monday thru Friday for just \$3 per person served at 11:30am daily. Check our monthly calendar for daily choices. The menu includes soup, main entrees with vegetable and side dish, bread & butter, dessert and drink. Check with the Meal Site Manager, Tyler Kinch for any questions and also for reservations 401-344-2555 ext.103

## Recreational & Social Activities

Want to stay active? Join in and see the many activities we offer. Listed below are some examples of the programs that are currently being offered.

\*Busy Fingers Crochet & Knitting Circle

\*BINGO



\*Billiards—\*Bocce—\* Horseshoes

\*Zumba Gold—Strength Training

\*Dance—\*Body & Brain Fitness

\*Chair Yoga & Gentle Yoga W/Mat

\*Hi, Lo, Jack



\*Art Lessons



\*Coffee & Conversation

\*Aqua Aerobics

\*Table Tennis—Scrabble

\*Computer Classes—\*Movies & Popcorn

\*Walking Club 55+ - \*Oragami

### Other offerings at the Senior Center:

**Free Notary Public Service—See Debi Coia, our administrative assistant—Bring Photo ID & unsigned document.**

**Weekly Blood Pressure Screening—Tues. 1-2 with Vanessa from Oakland Grove**

## Senior Center Parties:

There are a lot of things happening at the Senior Center—many parties, activities that take place each month and at various times of the year, some of which include: **Holiday Parties**, our annual senior picnic, ice cream socials, volunteer recognition party, Luau, April Fool's Party, Valentine's Day Party, Mother's Day, Father's Day, Summer Splash just to name a few.

## Health Issues & Programming

The Senior Center offers Informational Speakers, programs, clinics & seminars throughout the year. See the Newsletter each month for these special events. Some include:

URI Speakers Bureau/Pharmacy Outreach

Home & Hospice Care—Alzheimer's Assoc.

RI Bar Association—Miriam Hospital

Annual Flu Shot Clinic—Weekly Blood Pressure check

Medicare Informational speakers (Tri-Town Community Action Agency)

**Senior Center Advisory Committee:** The Advisory Committee consists of members from the Senior Center and Staff. Members review with the Director activities, programs, functions, special events etc...They also forward issues, concerns to the Director that may arise from the membership. They are highly motivated to solve problems, and situations. It is a sounding board to help improve the Center and provide insight into the seniors' needs and desires. Mayor Murray attends most meetings. Meetings are held the 1st Weds. Of every month @ 9am

## TRIPS

At the Senior Center we offer a variety of **DAY TRIPS & LONG TERM TRIPS** to a variety of places. See the Bulletin Board at the Senior Center for upcoming trips & sign up sheets.

SEE BELOW FOR THIS MONTH'S TRIP

**Top of the Bay**

Tuesday, September 22 @ 10:30am

The bus has limited capacity so there will be a sign-up sheet on the bulletin board with a first come first serve basis.

## Senior Center Staff:

**Director—Michael Crawley**  
Phone: 401-334-2555 ext. 101  
Email: mcrawley@cumberlandri.org

**Senior Service Manager & Social Director Karen Kane**  
Phone: 401-334-2555 ext. 101  
Email: kkane@cumberlandri.org

**Administrative Assistant—Debi Coia**  
Phone: 401-334-2555 ext. 102  
Email: dcoia@cumberlandri.org

**Senior Van Driver—Brian Hart**  
Phone: 401-334-2555 ext. 104

**Food Service Director—Tyler Kinch**  
Phone: 401-334-2555 ext. 103

The Senior Center is also proud to be the host for the Happy Basket Program which helps Cumberland residents in need at Thanksgiving and Christmas time.

## Message from Michael Crawley

Welcome to the Cumberland Senior Center! I am privileged to be part of a wonderful group of dedicated staff, volunteers and members whose purpose is to contribute to the quality of life of Seniors in Cumberland. At the Cumberland Senior Center we continually strive to create a friendly, exciting and fun place to be. There are many events, parties and activities planned throughout the year—please take the time to look in our Newsletter for upcoming events and day trips. At the senior center we are always ready to listen and get new ideas from the seniors for activities and programs. We continually strive to make this an enjoyable experience where you get out of the house and come to the center for enjoyable and interesting activities, connect with friends or maybe connect with past friends. Please do not hesitate to let us know how we can better serve you. Please visit us often to see the wonderful things are happening.

Warmest Regards, Mike



**Senior centers connect older adults to vital community services that can help them stay healthy and independent.**