



**MIDDLETOWN SENIOR CENTER**  
**650 GREEN END AVENUE**  
**MIDDLETOWN, RI 02842**  
**Telephone: 849-8823**

**PRSRT STD**  
**US POSTAGE**  
**PAID**  
**NEWPORT RI**  
**PERMIT #27**

**Arleen F. Kaull**  
**Executive Director**

**Shawn J. Brown**  
**Town Administrator**

**THE CENTER WILL BE CLOSED MEMORIAL DAY - MONDAY, MAY 31, 2012!**



*Happy Mother's Day*  
*May 2012*

God could not be everywhere and therefore He made mothers.

# **FUNDRAISING EVENT FOR MSC**

**(The last time we had the honor of the Newport Navy Chorister's perform for our BENEFIT was May 2004)**

**The Board of Directors and Chris have worked diligently to seek "Community Sponsors" who have placed ad's to support MSC in this endeavor. Please be sure to obtain a copy of the Events Program Booklet and remember to support these sponsors as graciously, as they were willing to support MSC.**

**Tickets are available in our office and will be sold at the door.**

**This is truly a beautiful performance and is being performed for your benefit.**

**THANK YOU!**

*The Middletown Senior Center  
Presents*

*The Newport Navy  
Choristers*



*“Proudly We Sing”*

*Under the Direction of JoAnn Loewenthal  
With John Allen, Accompanist*

*Friday, May 11, 2012 - 7:30 p.m.*

*General Admission - \$10.00*

*Seniors and Children - \$8.00*

*(children 12 and under)*

*St. Lucy's Church*

*909 West Main Road, Middletown*

*Proceeds will benefit the  
Middletown Senior Center*

*For more information, call the  
Middletown Senior Center at 849-8823*



**Mother's Day BAKE SALE  
SATURDAY - MAY 12TH  
10:00 a.m. - 1:00 p.m.**

To truly honor women MSC's yearly Contributions of this sale will benefit the American Cancer Society- Fight for a Cure. Aquidneck Island Relay for Life.

Mary Ciavorini, Honorary Chair, Georgianna Rego and Karen MacKnight, Chairpersons have asked their committee to assist by calling the membership for baked good donations. PLEASE help in making the sale a success. Everyone is asked to BAKE! If you do not bake or receive a call, then a monetary contribution will be more than welcomed. However, your favorite goodie is still our first choice. We are requesting goods be brought into the center on Friday, May 11th. Please make your presentation pretty. All proceeds will benefit the AMERICAN CANCER SOCIETY.



**SPRING LUNCHEON  
FRIDAY - MAY 25th  
1:00 p.m. - 3:00 p.m.**

**Menu**



**Homemade Clam Chowder  
Clam Cakes (4 large)  
Grilled Hot Dog (on bun)  
Strawberry Short Cake**

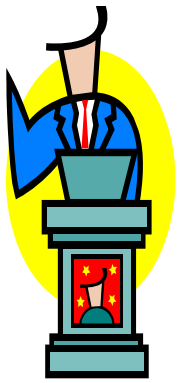


**Cost: \$10.00**

**Karaoke and Line Dancing.**

**We promise that you will have a fun, fun time!**





# Congressman Cicilline

will be at  
Middletown Senior Center  
On Thursday, May 24th  
At 11:30 AM

**FREE**

## Discussion on the Proposed Rep. Paul Ryan's Plan

Deep cuts to Federal support programs and the eventual phase out of the existing Medicare System.

Luncheon—FREE—Garden Salad, Assorted Pizza and Quiche.  
DESSERT—My Own Rum Cake



## FLORAL ARRANGEMENT

Wednesday, May 23rd

1:15 p.m.

Cost: \$15.00

Sally Gruber, Interactive Horticulturist Teacher and Professional Floral Designer. With experience ranging from greenhouse management to horticulture therapy. Sally Gruber's involvement in the field spans over twenty years. Graduating with a degree in ornamental horticulture. Currently, Sally teaches floral design and other nature-related classes throughout the state of Rhode Island. She serves individuals of all abilities, and seeks to engage all of the senses. By incorporating various art forms including poetry, storytelling and drama, participants enjoy a multi-dimensional learning experience. Sally will be at MSC on May 23rd at 1:15 p.m. - "Magnificent May". Explore and experience the most beautiful month of the year, as we celebrate "MAY"! Participants will learn the origins, symbols and holidays of this favorite month as they create a fresh floral arrangement. "Just in time for Mother's Day", create a beautiful piece for yourself, pass it on to a friend or a gift to your daughter, the mother of your grandchildren. Please, join us for this unique educational program. Sign-up sheet will be on the bulletin board. Registration is required! Cost is \$15.00



## RELAY FOR LIFE

Aquidneck Island's 6th Annual  
(18 hour)

### COMMUNITY EVENT

Friday, May 14th and Saturday, May 15th  
Sponsored by the American Cancer Society  
Gaudet School - Turner Road, Middletown

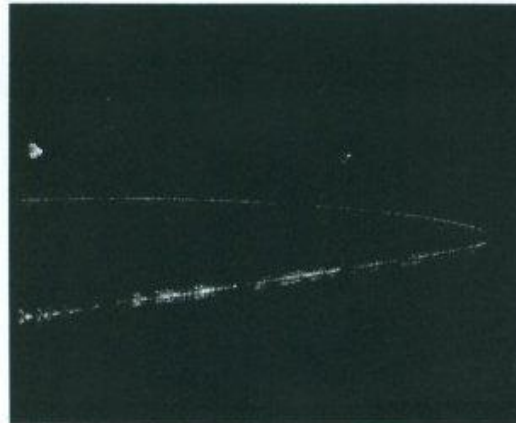
Please, please, HELP!

Too many, both young and elders have been infected!  
Hearing the chilling words "You Have Cancer" is devastating.  
On May 14th, let us walk as a County/Community to prevent this from  
Happening to our loved ones, friends, colleagues and citizens.  
**TOGETHER, WE CAN MAKE A DIFFERENCE!!!!**

Donate by purchasing a Luminaria bag or come to join the Relay Walk  
In support of our County/Community battle against CANCER!

As part of the "Relay", there will be a Luminaria (candle lantern) Ceremony  
to be held at dusk. Lit candles are placed in bags containing sand on the Gaudet Track  
bearing the names of people who have had cancer themselves and those we have lost.  
Each name will scroll on the screen throughout the Relay in honor of or in memory of loved ones.  
To join the effort to eliminate this horrific disease, the Center will be selling Luminaria Bags  
(\$10 each) from April 1st through May 12th from 10:30 a.m. - 3:00 p.m. Volunteers  
will be available to assist you with your purchase. We all know someone who has cancer,  
either as a survivor, or someone who has lost their battle. By donating \$10 for the purchase  
of luminaries, they will not be forgotten. Do this in their memory.

**FIGHT FOR A CURE TO RID OUR WORLD OF THIS DISEASE  
AND THE SUFFERING IT CAUSES.**



# Mother's Day History

Origin of Mother's Day goes back to the era of ancient Greek and Romans. But the roots of Mother's Day history can also be traced in UK where a Mothering Sunday was celebrated much before the festival saw the light of the day in US. However, the celebration of the festival as it is seen today is a recent phenomenon and not even a hundred years old. Thanks to the hard work of the pioneering women of their times, Julia Ward Howe and Anna Jarvis that the day came into existence. Today the festival of Mothers day is celebrated across 46 countries (though on different dates) and is a hugely popular affair. Millions of people across the globe take the day as an opportunity to honor their mothers, thank them for their efforts in giving them life, raising them and being their constant support and well wisher.

## **Earliest History of Mothers Day**

The earliest history of Mothers Day dates back to the ancient annual spring festival the Greeks dedicated to maternal goddesses. The Greeks used the occasion to honor Rhea, wife of Cronus and the mother of many deities of Greek mythology.

Ancient Romans, too, celebrated a spring festival, called Hilaria dedicated to Cybele, a mother goddess. It may be noted that ceremonies in honour of Cybele began some 250 years before Christ was born. The celebration made on the Ides of March by making offerings in the temple of Cybele lasted for three days and included parades, games and masquerades. The celebrations were notorious enough that followers of Cybele were banished from Rome.

Early Christians celebrated a Mother's Day of sorts during the festival on the fourth Sunday of Lent in honor of the Virgin Mary, the Mother of Christ. In England the holiday was expanded to include all mothers. It was then called Mothering Sunday.

## ***History of Mother's Day: Mothering Sunday***

The more recent history of Mothers Day dates back to 1600s in England. Here a [Mothering Sunday](#) was celebrated annually on the fourth Sunday of Lent (the 40 day period leading up to Easter) to honor mothers. After a prayer service in church to honor Virgin Mary, children brought gifts and flowers to pay tribute to their own mothers.

On the occasion, servants, apprentices and other employees staying away from their homes were encouraged by their employers to visit their mothers and honor them. Traditionally children brought with them gifts and a special fruit cake or fruit-filled pastry called a simnel. Yugoslavs and people in other nations have observed similar days.

Custom of celebrating Mothering Sunday died out almost completely by the 19th century. However, the day came to be celebrated again after World War II, when American servicemen brought the custom and commercial enterprises used it as an occasion for sales.

## ***History of Mother's Day: Julia Ward Howe***

The idea of official celebration of Mothers day in US was first suggested by [Julia Ward Howe](#) in 1872. An activist, writer and poet Julia shot to fame with her famous Civil War song, "Battle Hymn of the Republic". Julia Ward Howe suggested that June 2 be annually celebrated as Mothers Day and should be dedicated to peace. She wrote a passionate appeal to women and urged them to rise against war in her famous [Mothers Day Proclamation](#), written in Boston in 1870. She also initiated a Mothers' Peace Day observance on the second Sunday in June in Boston and held the meeting for a number of years. Julia tirelessly championed the cause of official celebration of Mothers Day and declaration of official holiday on the day. Her idea spread but was later replaced by the Mothers' Day holiday now celebrated in May.

### ***History of Mother's Day: Anna Jarvis***

Anna Jarvis is recognized as the Founder of Mothers Day in US. Though [Anna Jarvis](#) never married and never had kids, she is also known as the Mother of Mothers Day, an apt title for the lady who worked hard to bestow honor on all mothers.

Anna Jarvis got the inspiration of celebrating Mothers Day from her own mother Mrs Anna Marie Reeves Jarvis in her childhood. An activist and social worker, Mrs Jarvis used to express her desire that someday someone must honor all mothers, living and dead, and pay tribute to the contributions made by them.

A loving daughter, Anna never forgot her mothers word and when her mother died in 1905, she resolved to fulfill her mothers desire of having a mothers day. Growing negligent attitude of adult Americans towards their mothers and a desire to honor her mothers soared her ambitions.

To begin with Anna, send [Carnations](#) in the church service in Grafton, West Virginia to honor her mother. Carnations were her mothers favorite flower and Anna felt that they symbolised a mothers pure love. Later Anna along with her supporters wrote letters to people in positions of power lobbying for the official declaration of Mothers Day holiday. The hard work paid off. By 1911, Mother's Day was celebrated in almost every state in the Union and on May 8, 1914 President Woodrow Wilson signed a Joint Resolution designating the second Sunday in May as Mother's Day.

### ***History of Mother's Day: Present Day Celebrations***

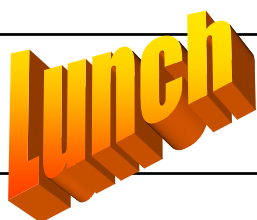
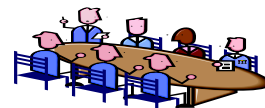
Today Mothers Day is celebrated in several countries including US, UK, India, Denmark, Finland, Italy, Turkey, Australia, Mexico, Canada, China, Japan and Belgium. People take the day as an opportunity to pay tribute to their mothers and thank them for all their love and support. The day has become hugely popular and in several countries phone lines witness maximum traffic. There is also a tradition of gifting flowers, cards and others gift to mothers on the Mothers Day. The festival has become commercialised to a great extent. Florists, card manufacturers and gift sellers see huge business potential in the day and make good money through a rigorous advertising campaign.

It is unfortunate to note that Ms Anna Jarvis, who devoted her life for the declaration of Mothers Day holiday was deeply hurt to note the huge commercialisation of the day.

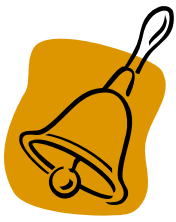


**Membership Meeting—Wednesday, May 16th at 1:00 pm**

**Board of Directors Meeting Wednesday, May 16th at 2:30 pm**



**BEST DEAL IN TOWN - ONLY \$3.00 - Please read the May menu and sign up for a delicious, nutritious meal.**



**NEW PROGRAM—SCHULMERICH  
MELODY CHIMES - Instructor Heidi List Murphy  
(List academy of Music & Arts)**

Schulmerich Melody Chimes “sister” to the famous schulmerich hand bells. Melody Chimes instruments have a less complex harmonics and are generally easier to ring than hand bells. Bell/Chimes are an important part of our musical and historical heritage from the liberty bell to a single bell in a church tower. The ringing of a bell has been historically significant “when church bells chimes, you can actually feel it in your heart.”

No musical experience is necessary to perform quality sounding music. Each melody chime is a hands - on tool to help players understand the concepts of beat, meter, and rhythm. Schulmerich Bells have hit the “bell on bar” when it comes to music making among men, women, and children.

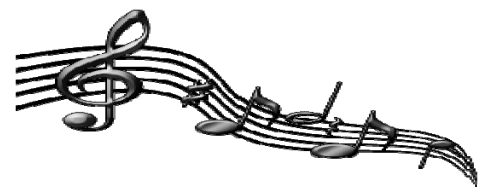
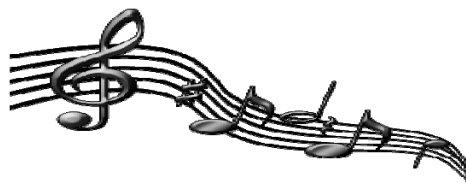
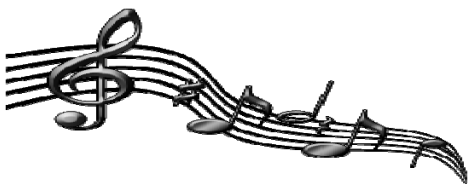
Heidi has demonstrated the playing of the chimes. The musical sound is positively beautiful! With a flex of the arm, under her direction anyone can master this magnificent art.

**Classes will held on Tuesdays at 1:30 pm**



**DAWN TONE CHORAL GROUP  
TIME AND DAY CHANGE**

**GROUP WILL MEET ON TUESDAYS AT 3:00PM**



# Stop Talking and Thinking About Getting Involved - JUST DO IT!!!!

## MONDAYS

- 10:00 -** Wii Bowling Leagues—Improves eyesight, helps with coping with pain, social skills, relieves stress, and improves one’s reaction time.
- 10:30** ZUMBA GOLD—Can be great for anyone who has worked for a long time and wants to build their suitability—Great Cardio exercise THAT IS FUN.



## **CHORUS - MOVED TO TUESDAYS AT 3:00.**

- 6:00 p.m.** ZUMBA - Open to all ages! If you love to dance and get a great workout, Zumba is could be for you. This workout is compromised of a variety of Latin dance and music that includes a mix of Latin-based rhythms with additional musical influences from Africa, India., America and the Middle East. Zumba is a great cardiovascular work out that is fun, sexy and participants can also learn new dance moves in the process of losing weight and getting in shape. There are health benefits that Zumba offers including, “cardio respiratory training that targets the major muscle groups. People begin to see changes such as weight loss, increased energy and endurance.

## TUESDAYS

- 10:00** POKENO - Mental stimulation, enhances memory, lowers rate of depression.
- 10:00** Introduction to Digital Photography: Learn about your digit camera, how to transfer photos to your computer, sharing photos and using free photo program found on your computer or online. (digit camera and cable, existing email address required for class). Beginning May 8th.
- 10:00** Tai Chi: The health benefits include: improved circulation, balance and posture; increased strength and flexibility; and reduced stress. With regular practice, Tai Chi reaches deep inside the body to benefit the entire physiology including the tendons, joints, spine, connective tissue and internal organs. It restores the calmness and peace of mind that is often lost through the desires and anxieties of daily life. Although not a substitute for proper medical treatment, the Tai Chi that we offer can help to improve the health and quality of life for people dealing with health conditions such as poor circulation, high blood pressure, arthritis, back pain, joint immobility, respiratory problems, digestive disorders, Parkinson’s disease, multiple sclerosis, fibromyalgia and many others. Cost \$5 per class.
- 1:00** Schulmerich Melody Chimes - Instructor Heidi List Murphy
- 1:30** BINGO - Can keep the mind in an active state. Players are required to have superior mind and eye reflexes. Enhances mental agility and speed. Plus a whole lot of enjoyment.
- 11:30** Bridge

## TUESDAYS CONT.

**3:00** Dawn Tones - Singing, particularly in a chorus, seems to benefit the elderly particularly well. As part of a three year study examining how singing affects the health of those 55 and older, a Senior Singers Chorale was formed by the Levine School of Music in Washington DC. The seniors involved in the choral showed significant health improvements compared to those in the control group. Specially, the arts group reported an average of : 30 fewer doctor visits, fewer eyesight problems, less incidence of depression, less need for medication, and fewer falls and other injuries. Even lead researcher Dr. Gene D. Cohen, director of aging, Health, and Humanities at George Washington University in Washington D.C., was surprised at how big of an effect the seniors' arts participation had on their health. The seniors themselves also noticed health improvements, said Jeanne Kelly, director of the Levine School of Music, Arlington Campus, who led the choral group. The seniors themselves reported: feeling better both better in daily life and while singing, their everyday voice quality was better, the tone of their speaking voice did not seem to age ass much, easier breathing, and better posture.

## WEDNESDAYS

**9:30** ART - Instructor Bryon Franklin - The benefits of art therapy can be quite broad. It can improve lives by helping people improve their mental, emotional, and even physical states. It can raise the quality of life for many people, and it's worth considering if it can aid you in some way or another.

**10:00 a.m.** **11:00** **INTRO TO COMPUTERS- BEGINNER:** Learn the very basics of computing, using a mouse, navigating around your computer and the internet to find information, computer safety and learning about email. Fee: \$40 - Five classes Beginning 5/9

**9:00 am** **12:00** **INTERMEDIATE BEGINNER:** More about email and formatting, navigating with Google to explore the internet, maps, recipes, medical information, travel, safer shopping, genealogy, internet safety and more. Fee: \$40 - Five Classes Beginning 5/9

**10:30 a.m.** **HANDCRAFTING - Peace of Mind.** Creativity transforms a sense of accomplishment and well being.

**11:00 am** **CROSSWORD PUZZLE GROUP**

**1:00 pm** **CRIBBAGE**

**1:00– 3 pm** **MEDICARE SPECIALIST—Janet Homes**

**1:30 pm** **BEADING**

**6:00 pm** **ZUMBA - Open to all ages**



# THURSDAY

10:00 am CARDS

10:30 am ZUMBA GOLD

11:00 am What's on your Mind - Discussion of Current Events. Weekly Topics will be provided on local, state and national issues.

1:30 pm BINGO

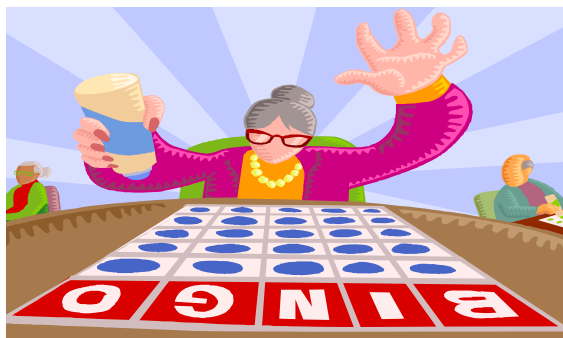
# FRIDAY

10:00 am POKENO/CARDS

10:00 am LINE DANCING - Josephine Viera, Instructor. Great exercise for all ages

1:00 pm For the Love of Books - Book discussion Group

1:30 pm BINGO





## MAY BIRTHDAYS!!



**HAPPY BIRTHDAY TO YOU  
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HAPPY BIRTHDAY TO YOU!!**

- 1 Sandra Gallagher, Sally Goldin
- 2 James Towey
- 3 Catherine DeSantis, Robert Sylvia, Henry Blake
- 4 Norma Raiola
- 5 George Perry, Jane M. Reise
- 6 Alexander Lirakis
- 7 Kay Healey
- 8 Lois Leyak
- 11 Carol Burcz, Joan Ponte
- 14 Linda Parsons, Joyce Williams,
- 17 Mary Ciavarini, John West, Sarah Silvia
- 18 Julius Borges, Marie Romanus
- 19 Thomas Murphy
- 23 Gladys Lavine, Mary Perlingiero
- 24 Margaret Cassels
- 26 Bridget Kelly
- 27 Michael Gallagher, Louise Smith
- 28 Marion Rodriques
- 29 Stanley Pikel
- 30 Constance O'Neill
- 31 Juanita Bedard, Brian Ahearn

